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Shocking truth

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A sample of abuse

BULLYING IN POLITICS

Sandra Jansen reads out 'dead meat', 'dumb broad' to House



Alex
Boyd
Metro | Edmonton

In her first statement as a member of the Alberta NDP caucus, Sandra Jansen stood in the legislature Tuesday and read a sample of the "offensive, threatening and abusive" messages she's received over the past week.

She said Albertans have sent her messages labelling her as "dead meat," a "useless tit" and a "dumb broad," and some that told her she should stay in the kitchen.

After her statement, the MLAs in the legislature gave her a standing ovation.

Jansen, who crossed the floor

from the Progressive Conservatives to the NDP late last week, has spoken about the issue before, including in Metro's series last week on women politicians facing abuse.

But she said speaking out in such a public way Tuesday made her feel "hopeful."

"Isn't it embarrassing that you have to hear it in the House, when you have to hear it in a place where we work as legislators? I think we needed that moment," Jansen said afterward.

She is calling on her colleagues to identify abuse and not let comments on their Facebook pages and websites go unchallenged.

The Calgary-North West legislature member crossed the floor from the Tories, a party she had been affiliated with for 30 years.

Jansen said the abuse and harassment she endured running on a progressive platform in the Progressive Conservative party leadership race had become intolerable.

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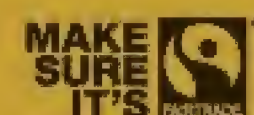
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SEX OFFENDERS

Closure of program a cause for concern

Criminal trial lawyers in Alberta are worried the public could be at risk if a treatment program for sex offenders is shut down.

The Criminal Trial Lawyers Association in Edmonton and the Criminal Defence Lawyers Association in Calgary say they've been told the Alberta government will end the Phoenix program by next March.

The program is offered in a secure, 19-bed facility operated out of Alberta Hospital Edmonton and provides intensive therapy to convicted sex offenders serving provincial jail sentences.

Ian Savage with the Calgary

lawyers association said the treatment involves 35 hours of therapy a week, while a potential replacement program operated by Alberta Health Services would offer six hours.

"It's essentially world-renowned and quite successful, particularly with the numbers that matter. The recidivism rate is extremely low compared to other similar programs," said Savage.

The lawyers say the program has reported recidivism rates as low as 3.3 per cent in 120 offenders who received treatment and were tracked over a three-year period.

"If you can have a program that reduces the risk of a certain subset of criminal sexual behaviour and reduces the risk of that repeating, then obviously the public is saved that additional harm," said Savage.

"If you don't treat these in-

dividuals, they'll be struggling without the appropriate support in the community and, more importantly, the self-taught tools from the programming to deal with their urges."

Savage said Phoenix is to be replaced by a different program under Alberta Health Services and is to be based at the Calgary Correctional Centre.

Health Minister Sarah Hoffman wouldn't say whether the program is ending. She said it sounds like it has been successful and Alberta Health Services should be given a chance to build on that success if it can.

"I don't make decisions about specific programs," she said Tuesday. "Public safety is a very high priority. I won't support anything that compromises that."

Chris Hay, Alberta director of the John Howard Society, said he heard suggestions of a closure last year and thought the Phoenix program had already been cancelled.

He said the reviews were positive.

"I've heard anecdotally through people who work in the business over the years that the Phoenix program has been quite successful. Everyone has said it's a shame because it has really good success rates," said Hay.

Savage said the two criminal lawyer associations expressed their concerns in a recent meeting with the justice minister but, instead of expanding Phoenix, he said the government is "penny pinching."

3.3%

Lawyers say the program has reported recidivism rates as low as 3.3 per cent in 120 offenders.

Combating the effects of porn on students

EDUCATION

Ideas include limiting access and teaching about consent



Kevin Maimann
Metro | Edmonton

Education advocates are proposing new ideas to address what students are exposed to outside of Alberta's schools at younger and younger ages: Pornography.

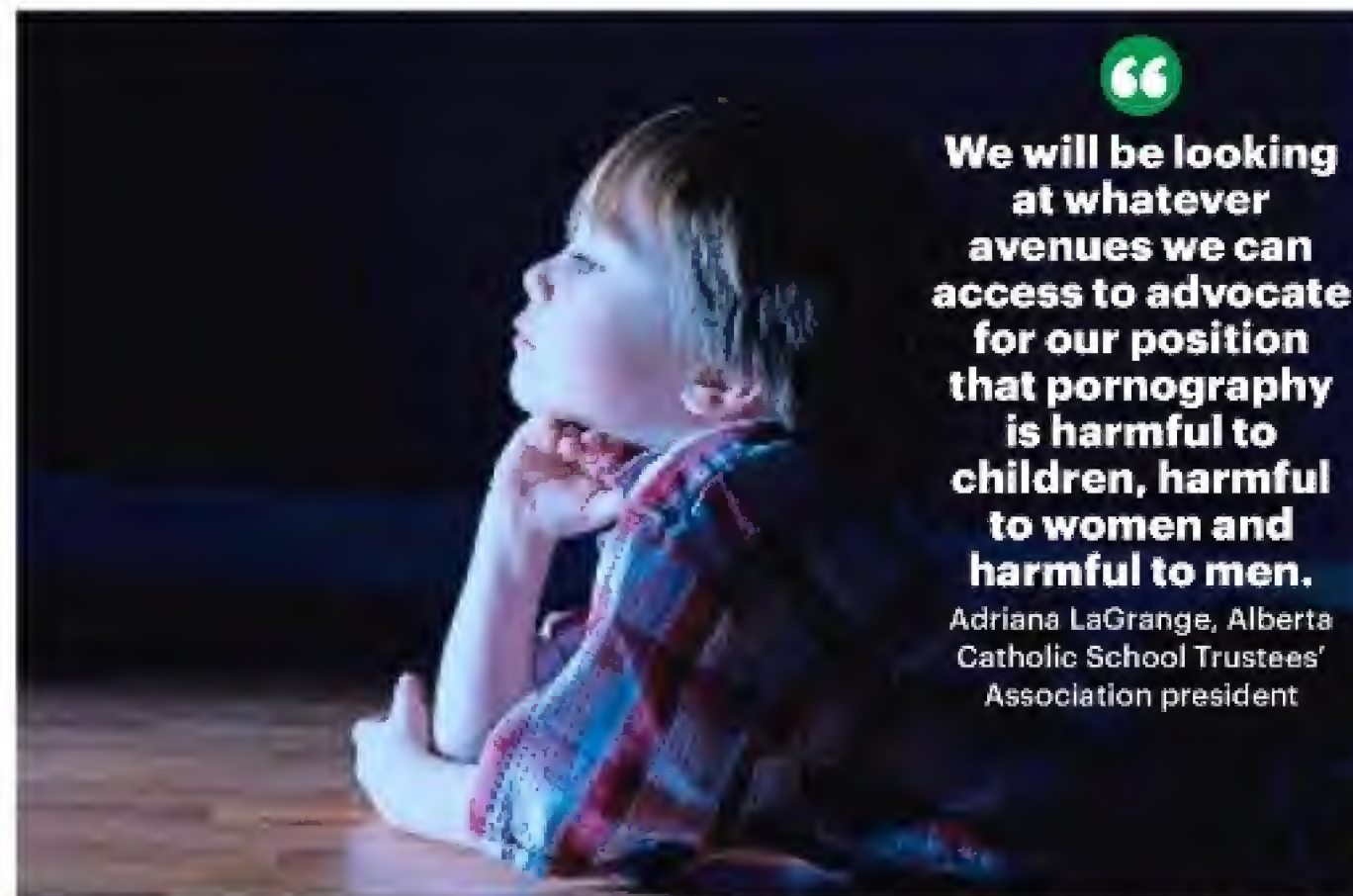
Indeed, the Edmonton Catholic School Board's recent push to ban TV porn is now going provincewide.

The board passed a motion last month to condemn TV porn, and on Saturday the Alberta Catholic School Trustees' Association officially threw its support behind the motion, too.

The association, which advocates with policy makers on behalf of Alberta's school boards, said it will likely write a letter to television providers like Telus, Bell and Shaw, asking them to stop offering adult channels as part of their TV packages.

"I think it's a start to the conversation on how do we address the negative effects of pornography in today's society," said Adriana LaGrange, president of the association.

"We will be looking at whatever avenues we can access to advocate for our position that



New ideas are being presented to combat what some educators say is a growing problem — students being exposed to pornography. iSTOCK

pornography is harmful to children, harmful to women and harmful to men."

Edmonton Public School Board Chair Michael Janz — who was not present for Monday's vote — said EPSB has not discussed pornography but continues to advocate adding consent to the sex-ed curriculum.

The ASBA voted in favour of lobbying the provincial government to make that change last November, and Janz hopes it comes through as part of the government's curriculum re-

design.

"That remains a top priority for our board of trustees," Janz said.

At its Saturday meeting the association passed a subsequent resolution lobbying the province to add education on the harmful effects of pornography to Alberta's school curriculum.

That was then passed by the Alberta School Boards Association Monday, with 85 per cent support.

The resolution referenced a recent House of Commons mo-

tion to study the public health effects of sexually explicit material across Canada.

It also referenced documents like a 2009 Child Abuse Review study that states exposure to pornography "helps to sustain young people's adherence to sexist and unhealthy notions of sex and relationships," and that for boys and young men, frequently consuming violent pornography "intensifies attitudes supportive of sexual coercion and increases their likelihood of perpetrating assault."

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ELECTRICITY

Alberta moves to put cap on power prices for consumers

Alberta Premier Rachel Notley says the province is capping electricity prices as part of a broader plan to move towards a more regulated industry.

"Today we begin ... bringing Alberta back into the mainstream of how jurisdictions across North America run their electricity systems," Notley said Tuesday at a news conference in a south Edmonton home.

Notley said Alberta's electricity market is broken.

"It will not bring in the kind of investment that will be needed to power Alberta's future, so we're taking steps to get ahead of all of this."

The cap will come into effect by June and will ensure Albertans pay no more than 6.8 cents per kilowatt hour.

That's about twice what most Albertans pay now, but there have been multiple price spikes above that level in the last decade.

The ceiling is to be in effect until 2021. The government says it will work with stakeholders in the coming months to determine the best way to roll out the cap.



Premier Rachel Notley said the electricity market is broken. THE CANADIAN PRESS FILE

"The policy mechanism to deliver the price ceiling is up for consultations, but the idea of a price ceiling isn't," said Notley.

The premier said the government has ways of dealing with price spikes above the 6.8-cent ceiling. She said the province will ensure power distributors don't have to bear any losses because of the cap, perhaps through payments from a carbon tax which takes effect Jan. 1.

Notley's NDP government, under its climate-change plan,

hopes to phase out coal-fired electricity by 2030 and replace it with a mix of renewable energy such as wind, solar, and hydro.

The federal government on Monday announced the same target nationwide.

Notley said there will be further announcements this week on the direction of the overall power plan. On Thursday, the province is to release a report from retired U.S. power executive Terry Boston on ways to manage electricity during the coal phase-out.

Notley said action is critical because Alberta's current deregulated market is an increasingly uncompetitive outlier.

"Most investors are wary of the volatility in Alberta's unique system."

While Notley said moving to clean energy is the prudent way to go, she said her hand was forced by the previous Progressive Conservative government's failure to plan for the future, especially given some coal-fired electricity plants were already due to shut down in the coming years. THE CANADIAN PRESS

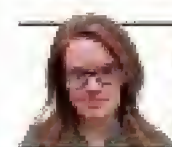


The new neonatal unit at the Misericordia Community Hospital features 23 private rooms, including two rooms designed for twins. METRO FILE

Hospital opens neonatal facility

MISERICORDIA

New unit after almost 57,000 babies born in Alberta in 2015



Alex Boyd
Metro | Edmonton

The Misericordia Community Hospital has opened a new neonatal intensive care unit but some wonder whether it was the best investment for the aging facility.

The NICU was one of the areas of the west end hospital damaged in a 2013 flood, and officials used the renovation as an opportunity to redesign the space.

The old NICU had 15 beds arranged in two pods; the new one features 23 private rooms,

including two rooms designed for twins.

"This will dramatically improve care. It will be healthier for babies than caring for them side by side in a large room," said Gail Cameron, senior director operations for women's and child health, in a release.

The total cost of repairing the care unit, plus the mental health unit that was also damaged in the flood, is \$17.7 million.

Donna Wilson, a professor of nursing at the University of Alberta, said the extra beds are needed because the province set a birth record last year — almost 57,000 tiny Albertans were born, a 1.7 per cent increase over 2014.

And Wilson said the city's existing NICUs, which treat babies in need of intensive medical treatment, are already "full to bursting," due to a combination of older moms, more multiple births and malnourishment.

Still, she questions whether

a new NICU in an aging facility is money well spent.

"It's really difficult to hear that we're just doing band aid after band aid after band aid" at the Misericordia, she said.

She points out that the debate over whether to replace the hospital has been going for over a decade.

Since then, more money has been spent on renovations than it would have cost to replace the building, she said.

Now, despite renovations to some areas she said most of the building is in poor repair. The problem doesn't seem to be going away anytime soon, as the last provincial budget gave only \$10 million to the Misericordia.

"I'm happy that there will be 23 families that have nice private rooms in the hospital," Wilson said. "I just hope the elevator doesn't quit going up to them, and the lights are on when they get there."



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MUNICIPALITIES ACT

Province eyes changes to development funding rules

Changes proposed in Alberta's updated Municipal Government Act would make it easier for municipalities to build amenities like libraries and fire halls.

Municipal Affairs Minister Danielle Larivee says right now builders in new developments can be directed to help pay for infrastructure like

water, storm and sewage systems and roads.

Under the changes, those builders could also be asked to help pay for an expanded range of facilities, such as police stations and community recreation facilities.

The province says it will continue to consult before it passes this and other changes

to the act.

The legislation was introduced last May and the government has been holding discussions with stakeholders ever since.

More changes are planned for the spring session, and all changes are expected to be in place by next fall.

THE CANADIAN PRESS



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Testing out the currents

ELECTRIC VEHICLES

Council holds off on a major investment in charging spots



Jeremy Simes
Metro | Edmonton

City council pulled the plug Tuesday on a proposal to invest \$700,000 to install electric-vehicle charging stations on private property in the city.

Instead, council approved investing \$300,000 into 30 charging stations on city-owned properties, like libraries and recreation centres.

City administration had proposed Edmonton also operate 70 stations on private land, but council said no.

The charging stations are part of the city's vision to reduce greenhouse gas emissions and prepare for growth in electric cars, but councillors weren't buzzing over the idea of taxpayers paying to charge private vehicles.



Councillors axed some of the city's plans for charging stations across the city. TORSTAR NEWS FILE

"I don't think the city should be paying private individuals to be charging their vehicles," Coun. Michael Oshry told reporters.

But another wrinkle also emerged Tuesday: Administrators said they plan to purchase electric trucks for Edmonton's fleet, and these would use the

charging stations.

"It's a start because this allows us to evaluate how much these charging stations are used," said Steve Rapanos, branch manager with fleet facilities at the city.

But Rapanos couldn't say how much it will cost the city to purchase the trucks.

The committee meeting also got heated Tuesday when Coun. Tony Caterina suggested the city wasn't doing its homework, after learning administration wasn't collecting usage data for the 23 charging stations it currently operates.

Caterina said it was "fool-

\$400,000

The plan approved yesterday will see \$300,000 invested in charging stations, a drop of \$400,000 in the proposed investment.

ish" for the city to not provide usage data — adding it would have given council a better sense on demand.

But City Manager Linda Cochrane replied: "I don't believe we've been foolish in what we've brought forward."

Coun. Michael Walters added, "It's a pretty small cost" to charge vehicles, as yearly costs are estimated to be \$200 to \$600 per year. Council then tasked the city to provide a report on the possibility of implementing smart card readers for the charging stations.

They also asked officials to approach the federal and provincial governments on possibly partnering with city to supply grants for private charging stations.

EDMONTON FARM FAIR

Israeli vendor deported

An Israeli woman is being deported after she was caught illegally selling beauty products at Edmonton's Farm Fair, according to the Canada Border Service Agency.

Adi Gruenwald was arrested Nov. 10 for allegedly selling items at the fair — which runs concurrently with the Canadian Finals Rodeo — without authorization to work in Canada. According to border services, Gruenwald entered Canada in July 2016 on a six-month tourist visa. She was the subject of an immigration warrant originating in Saskatchewan before coming to Alberta.

Border agency spokesperson Elise Gaetz said in an e-mail that it is "not uncommon" to encounter suspected illegal workers at public events.

"The decision to remove someone from Canada is not taken lightly," she said. "The (Immigration and Refugee Protection Act) states that removal orders must be enforced as soon as possible. The CBSA is firmly committed to doing so."

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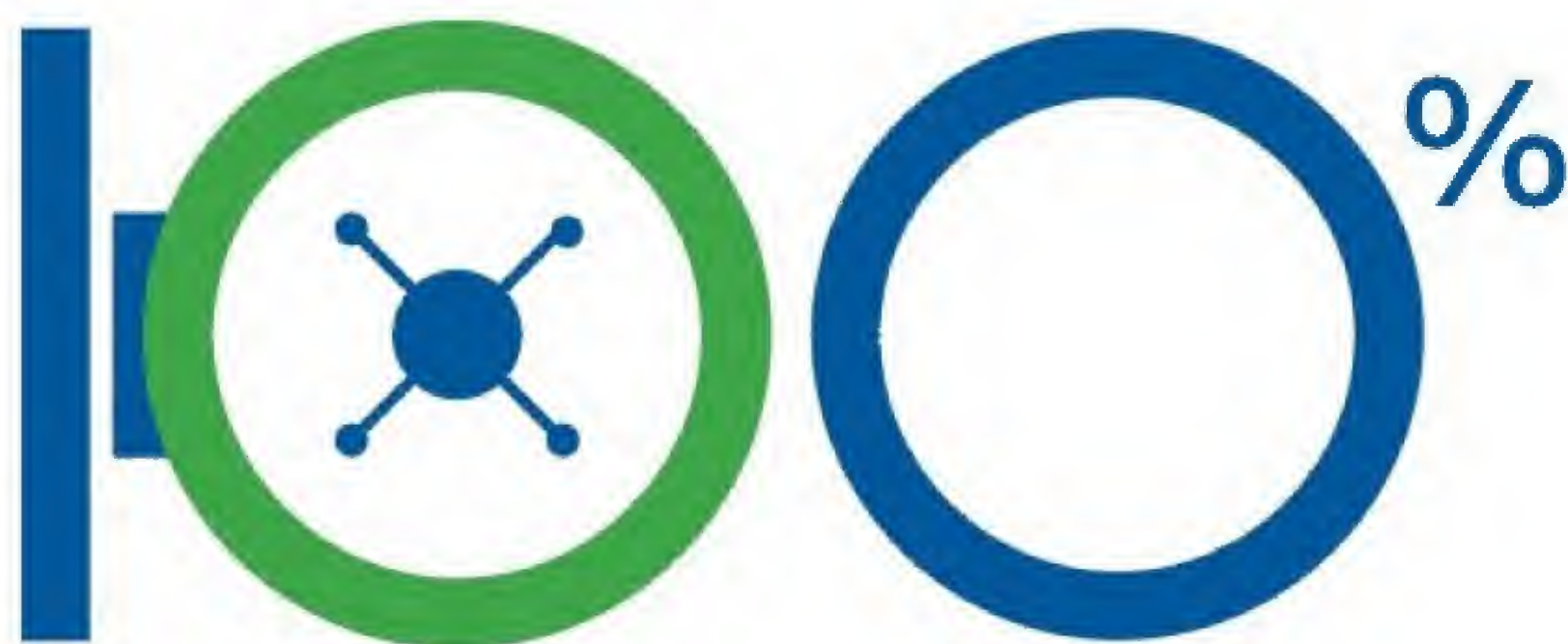
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Tasers have been tested on people, but not on people experiencing 'excited delirium syndrome,' according to one doctor. CANADIAN PRESS FILE

Doctor questions fatality inquiry

POLICE

Expert talks complexity of meth, Tasers in man's death



Kevin Maimann
Metro | Edmonton

"Is it the meth — or the meth and the incarceration? Or the meth, the incarceration and the Taser?"

Those are questions emergency room physician Dr. Darren Markland has asked after a fatality inquiry determined a 34-year-old Edmonton man, who was Tasered during an arrest, died from "excited delirium syndrome" brought on by methamphetamine use.

Two Edmonton police officers said Simon Chung pushed a woman to the ground on Oct. 24, 2013, near 96 Street and 106A Avenue, and upon approaching him they began to believe he was intoxicated and in a state

of excited delirium — characterized by bizarre behaviour and aggression.

A struggle led one officer to deploy his Taser on Chung, who allegedly broke off the probes and continued walking, before the Taser was used again.

Chung went into medical distress when other officers arrived, and was taken to hospital where he died six days later.

Markland sees the aftermath of so-called excited delirium cases in the Intensive Care Unit at Royal Alexandra Hospital. He said people could naturally be prone to symptoms associated with the syndrome due to their adrenal gland, or it can be brought on by drugs like meth and cocaine.

Being arrested in that state can lead to acute cardiac death.

"The effects are cumulative. So, if you have someone that's highly agitated, and then you throw in stimulant medication, and then you add a stress response — being chased or being potentially incarcerated — and then you add a Taser to it, that can be the thing that tips the



Tasers have always been tested on people who aren't in those conditions.

Dr. Darren Markland

balance," Markland said.

Excited delirium is not a medical term, and is primarily used in Taser deaths.

Markland said there is a dearth of research and records on excited delirium deaths that makes it hard to determine what role Tasers play.

"Then the question is, would other interventions that didn't involve a Taser also lead to the same outcomes?" he said.

The fatality inquiry report recommended that police be trained to call for EMS as soon as excited delirium is suspected, though it acknowledged that restraint measures — including use of force — might be required before medical intervention.

ROADSIDE CRASH

Lucky couple survives

A man and a woman are in hospital after a bone-chilling night in the wilderness that happened when their sport-utility vehicle tumbled 60 metres down an embankment northwest of Calgary.

The couple went off a remote section of Highway 579 in the Water Valley area about 8:00 p.m. Sunday.

Emergency officials say the badly injured pair managed to crawl out of the wreckage and start a fire to stay warm.

It wasn't until about 14 hours later that the woman found her cellphone and climbed up the embankment to call for help.

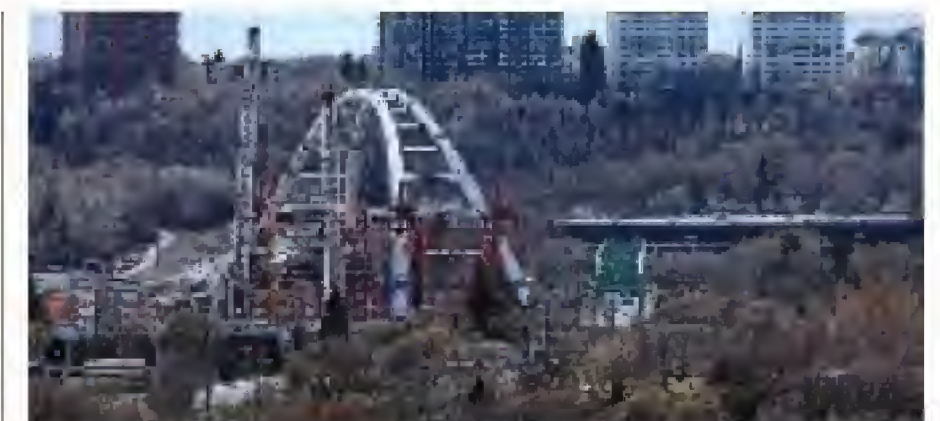
The 41-year-old man was flown to Calgary in serious but stable condition with leg and back injuries, while the 42-year-old woman was sent to the Didsbury hospital in stable condition.

Ghost River fire Chief Tom McFadden says the two were fortunate to make it through their ordeal.

Rescuers had to climb down a steep slope to get to the pair, who had landed in dense bush.

"When I looked over there I expected significantly more injuries to both patients than there was actually," said McFadden.

THE CANADIAN PRESS



The Walterdale bridge, which is still under construction, has seen its fair share of controversy. METRO FILE

CITY HALL

Councillor calling for capital plan oversight



Jeremy Simes
Metro | Edmonton

Coun. Michael Walters says it's no secret Edmonton has seen a lot of mismanaged capital projects.

And while the city outlined a new approach in managing such projects Tuesday — from better information on project schedules and budgets, through investing early in design — Walters wants to go a step further.

On Tuesday, council passed Walters' motion, which requires the city provide a report on the benefits of creating a capital project advisory committee.

That would mean another layer of oversight to city projects, ensuring they are well managed,

on budget and on time. Status updates would be reported on a quarterly basis.

"The big three" mismanaged projects Walters referenced included the Waterdale Bridge, the Metro Line and the 102 Avenue bridge.

"We need to ensure that all areas of business that the city is involved in are scrutinized and given the proper oversight," Walters said.

Deputy City Manager Adam Laughlin said the new approach would better inform the capital requirements for construction.

"By investing earlier, it gives you greater accuracy for on time and on budget," he said.

The city will come to council back with findings on Walter's motion early next year.

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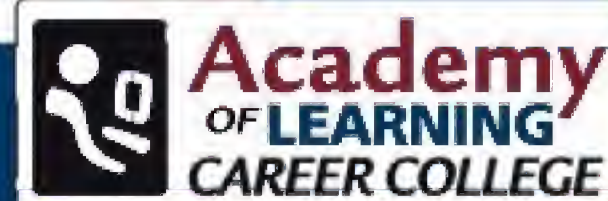
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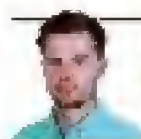


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DEVELOPMENT

Mega-bar a no-go



Jeremy Simes
Metro | Edmonton

Edmonton's latest mega-bar proposal is now mega gone, after the company proposing it withdrew its appeal to redevelop the former home of Mother's Market.

Brendan Crooks, a senior manager with the Urban Sparq, said in a statement that the company "remains disappointed" with the city's decision to deny its application.

"The event centre would have added a live entertainment venue in Edmonton's downtown core," he said.

It's the second time Urban Sparq has withdrawn an appeal over a city decision. Earlier this month, the company declared it won't be opening a mega-bar it once proposed downtown.

at 104 Street and 102 Avenue.

At the time, Downtown Community League President Chris Buyze said Urban Sparq didn't consult the community over the 104 Street proposal.

That can also be said for the Mother's Market site, he added.

"Respecting the zoning that's in place would be good for the community," he said.

In August, the city ruled both locations would "materially interfere with or affect the use, enjoyment or value of neighbouring properties."

Buyze said the zoning for the area generally permits space for up to 200 people, though exceptions can be made through proper consultation.

Residents said the size of the Mother's Market site was particularly concerning, he added.

"There are ways to add to vibrancy downtown without affecting residents," he said.

There are ways to add to vibrancy downtown without affecting residents. Chris Buyze

CRIME

Fort Mac refugee imposter pleads guilty to fraud

A Calgary woman who pretended to have cancer and claimed to be a Fort McMurray fire evacuee to cash in on donations has pleaded guilty to fraud.

Jennifer Halford, 34, entered guilty pleas on seven counts of fraud Tuesday dating back to the beginning of the year.

Halford claimed she had aggressive breast cancer and that she and her family had lost everything in the northern

Alberta spring wildfires. She received donations including gift cards, food, clothing, baby-sitting and beauty treatments.

The court has ordered a psychiatric assessment prior to a sentencing hearing, which is scheduled for April 4, 2017.

Halford had no previous criminal record. Halford remains free on bail. She declined to comment as she left the courthouse. THE CANADIAN PRESS



Bunnies on the loose: the city's wild rabbit population is growing, fast. METRO FILE

Bunny numbers jump

ECOLOGY

Wild jackrabbit population in city growing since '92: Prof



Ameya Charnalia
For Metro | Edmonton

Edmonton's wild rabbit population has grown by leaps and bounds over the last two decades and isn't hopping away any time soon.

John Wood, dean of faculty of natural sciences at The King's

University in Edmonton, has been conducting a population and behaviour study of wild jack rabbits in the area since 1992.

According to his research, there were just less than 500 jackrabbits in the city in 1992; today there are more than 2,500.

"The rise of population has to do with the relatively mild winters that we've had," said Wood.

A lack of predators in the city has made the city's population of wild rabbits considerably higher than that of the surrounding rural areas, he said.

"If you just reduce the mortality rate by predation or by accident — just reduce that a little bit — and that population

is going to explode," he said.

"Mathematically, it will increase very, very quickly."

Another reason why the wild bunny population has grown might have to do with a decrease in domesticated bunnies on the streets.

In August, the City Ford Dealership on St. Albert Trail in the north end was facing a bunny crisis.

Around 250 domesticated rabbits that came from a nearby farm were rescued by the All Sizes Rabbit Rescue Society.

Wild jackrabbits have started returning to the area ever since the domestic bunnies were rescued, said Blane Klack, founder

of the Society.

Klack said domestic rabbits usually displace wild rabbits by depleting their resources.

There are still 150 to 200 domestic rabbits that have been released by their owners on the streets of Edmonton, he added.

With the growth in the jack-rabbit population, residents are a lot more likely to encounter the furry creatures.

According to Wood, people should not approach them, unless they're in serious danger.

"Their defence is being hidden and not moving at all," he said.

"A little subtle movement like that will set off a predator."

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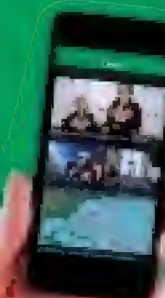
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HEALTH

Ottawa limits medical pot for veterans

The federal government is drastically cutting the amount of medical cannabis for which veterans will be reimbursed after years of skyrocketing costs and concerns about overuse.

The announcement prompted panic and anger from some veterans who say the new limit of three grams a day will put former soldiers at greater risk of opioid addiction and suicide.

Veterans Affairs Minister Kent Hehr said Tuesday he was shocked to learn that the previ-

ous Conservative government began reimbursing veterans for medical cannabis without a policy. "Frankly, how we're here nine years later ... was a shocking abrogation by the former government, and a series of successive ministers who just played the role of the ostrich and buried their heads in the sand," he said.

The department said 2,000 of the 3,071 veterans currently being reimbursed for medical cannabis are using four grams a day

or more. Nine hundred of those are using the current maximum limit of 10 grams or more. It estimates that it will spend \$75 million on reimbursement for cannabis this year.

Hehr said the department consulted with medical experts and veterans before reaching the new limit of three grams a day, which is consistent with Health Canada guidelines.

Veterans whose health practitioner authorizes more than three grams a day can apply

for an exception to the policy, which will come into effect May 21.

The department said an investigation earlier this year concluded there was no evidence that veterans were reselling cannabis.

Riley McGee of Marijuana for Trauma, a cross-country network of clinics for veterans, said the policy would drive veterans to more dangerous and addictive prescription drugs.

THE CANADIAN PRESS



CNN political contributor Van Jones answered questions in advance of a keynote address at the Broadbent Institute's annual Progress Gala in Toronto. THE CANADIAN PRESS

Canada not immune to 'hate waves'

CLASS TENSIONS

Working-class people feeling left behind, pundit says

A high-profile political commentator and former White House policy adviser warned Tuesday that the same class tensions and divisive forces that swept Donald Trump to power could easily take root in Canada, adding it would be "irresponsible" to pretend otherwise.

Van Jones, a CNN political contributor, said the "hate wave" that has stirred vigilante behaviour and prompted gatherings of apparent Nazi-affiliated groups is playing out in all Western democracies, and anyone who thinks Canada will be spared is wrong.

"The working classes, especially the white working classes, feeling rightfully thrown under the bus and left behind, are reacting in ways that are shocking, in ways that I think are unfair, in ways that are unfortunate and sometimes that are xenophobic and racist," he said.

"It is happening all across

the Western democracies and it can happen in Canada, too."

Jones, who emerged as a strong voice during the U.S. election campaign that ended earlier this month with Trump's stunning victory, was in Toronto to discuss what a Trump presidency will mean for the U.S. and its northern neighbour.

He was to deliver a keynote address in the city at an event organized by the Broadbent Institute.

Speaking before the event, Jones said everyone, no matter where they fall on the political spectrum, must remain

vigilant to keep class and racial tensions from turning into violence.

"Every single part of civil society in Canada, the United States and around the world needs to

get very vocal right now, needs to stand up right now," he said.

"If anybody thinks they can just stand back and hope for the best ... if you think that standing back and giving this guy a chance means giving him a pass on stuff you wouldn't let your kids do, stuff you wouldn't let your next door neighbour's kids do, then you're not paying attention," he said.

THE CANADIAN PRESS

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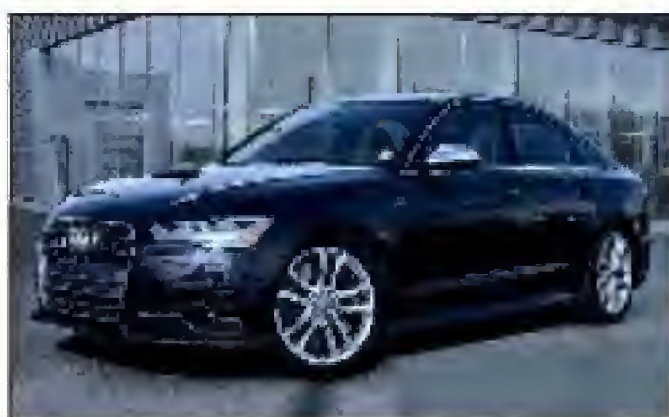
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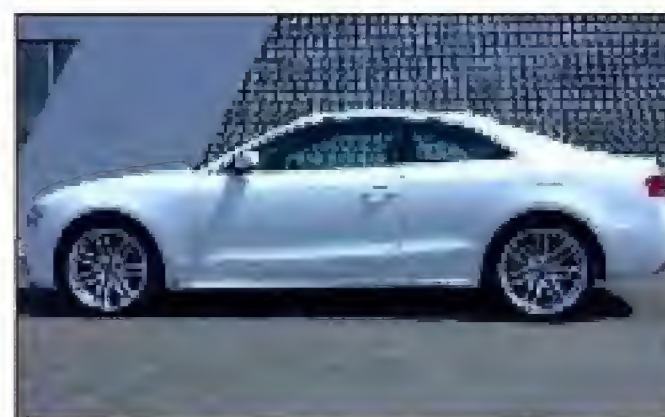
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Youth left out of housing report

NATIONAL HOUSING STRATEGY

Rising prices mean younger Canadians locked out



May Warren
Metro | Toronto

The first glimpse at what's in store for Canada's National Housing Strategy misses the mark when it comes to millennials and young families says a youth advocate.

A federal government report released Tuesday presents the results of four months of nationwide consultations on housing that will shape recommendations in the final strategy, planned for release sometime next year.

It identifies key priorities, like eliminating homelessness, and recognizing the unique challenges indigenous people face in finding housing. But



Daniel Bernhard and his partner rent in Toronto's Little Italy. They doubt they'll ever be able to save up enough for a down payment on a home. LIZ BEDDALL/METRO

there's not enough about the growing problem of young people priced out of home ownership — and even the rental market — in big cities like Toronto, said Paul Kershaw, founder of the non-profit Generation Squeeze.

"I'm very discouraged by the way in which this report suggests it has heard from Canadians across the country because it is still reflecting a

very outdated sense of what's happening in the housing market," he told Metro.

Jean-Yves Duclos, minister of families, children and social development, said the new report will help guide the housing strategy he plans to deliver at the same time as next year's federal budget.

Duclos said he also hopes to announce some new programs to incentivize rental housing

construction in the weeks ahead after the government put out a call for proposals earlier this year. The \$2.5-billion project, spread over four years, is meant to make sure more affordable rental housing is built in Canada more immediately as the government works on a longer-term strategy.

Youth are mentioned in the report, but they are lumped into a category of vulnerable

groups called "other," along with LGBTQ people and veterans. They're also not highlighted at all in the executive summary.

The report fails to recognize that while rising home prices, across the country have benefited older Canadians, younger people have lost out because they just can't crack the market, Kershaw said.

It's a problem Toronto's Daniel Bernhard knows well.

The 29-year-old small business owner shares a one-bedroom plus den apartment in Little Italy with his partner, who's also a professional.

He'd love to own a home but "could never imagine" buying in the area. It's "basically impossible to save" with rent being so high.

"Nobody wants to talk about devaluing the housing market," Bernhard. "Unless the prices go back down to some sort of sane level, we are not going to be able to have affordable housing."

WITH FILES FROM RYAN TUMILTY/METRO

DRUGS

Carfentanil seizure prompts warnings

Vancouver police are warning drug users to be cautious following the seizure of an opioid that is used to tranquilize elephants and believed to be 100 times more powerful than fentanyl.

Police said two samples of a drug seized in September have been confirmed by Health Canada to contain trace amounts of carfentanil.

The drug was believed to be heroin when it was confiscated from a man reported to be carrying a firearm in the city's Downtown Eastside, police said.

"It's the first time we've seen it in Vancouver in any of the seizures we've done," Sgt. Brian Montague said Tuesday.

The drug has been seen elsewhere in Canada, including Alberta, Manitoba and Ontario.

Vancouver police don't know where the carfentanil came from, though fentanyl is believed to be exported from China, Montague said.

He said the existence of carfentanil is concerning because the coroner's service has already reported 622 illicit-drug deaths in British Columbia between January and October, with fentanyl involved in 60 per cent of them.

Montague said deaths from opioids, such as the powerful painkiller fentanyl, are a regular occurrence in the city despite the existence of two supervised-injection sites.

"In the last few days we've had more deaths in Vancouver area than we would see in about a month," Montague said, adding fentanyl is suspected.

THE CANADIAN PRESS

METRO KEY FINDINGS

The 66-page report summarizes the results of four months of nationwide consultation with Canadians on what they'd like to see from a National Housing Strategy. These are some takeaways.

30+ YRS

RENTAL DECAY

75% of apartment buildings across the country are more than 30 years old and "many" are in poor shape or in need of repair.

INCOME VS. COST

The price of houses across the country has grown almost three times faster than income over the last 15 years. In Toronto and Vancouver, prices grew more than four times faster than income.

HOMELESSNESS

A fundamental goal should be eliminating homelessness, or, if that's not possible, make it more rare, according to feedback from Canadians.

INDIGENOUS HOUSING

Indigenous peoples said that they want a separate, parallel strategy for the unique housing challenges they face, on and off reserves.

AFFORDABILITY

Access to affordable housing, especially for low-income people and vulnerable people, is a priority for Canadians, according to the report.

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CRIME

Halifax mall plot 'directed at the normal'

Two days before Randall Shepherd was arrested for his involvement in an alleged plot to kill shoppers at a Halifax mall with rifles and firebombs, he recorded a "goodbye" video reflecting on his decision not to participate in the planned massacre.

"My last f— you to the world is not stopping it," Shepherd said in the recording, according to an agreed statement of facts. "Standing back and let someone else put Halifax on the map, someone else like, be somebody."

Shepherd, 22, was sentenced to 10 years behind bars in Nova Scotia Supreme Court on Tuesday after pleading guilty to conspiracy to commit murder.

Slumped over a desk in a leather jacket, Shepherd buried his head in his arms as the Crown

portrayed him a disaffected loner, who resisted acts of violence, but nonetheless acted as a "cheerleader" in the mass-murder plot.

The Crown alleges that Shepherd conspired to help James Gamble and Lindsay Kantha Souvannarath carry out a detailed plan to shoot unsuspecting mall goers in the food court of the Halifax Shopping Centre on Valentine's Day in 2015.

Police foiled the plot thanks to a Crimestoppers tip, and the day before the attack was supposed to occur, arrested Shepherd while he was waiting for Souvannarath to arrive at Stanfield Airport. Gamble, 19, fatally shot himself in his Timberlea home.

Souvannarath is in jail awaiting trial.

Crown lawyer Shauna Mac-



Randall Steven Shepherd
METRO FILE

Donald told the court that in some ways, the harrowing plan to "put Halifax on the map," achieved its goal by stirring up unease in the community that one of their own could have such

violent motives.

"This plan would have changed the face of Halifax forever," MacDonald said. "It was meant to be individuals engaging in their everyday lives — running errands, shopping, grabbing a bite to eat ... The attack was directed at the normal."

MacDonald cited terrorism cases as precedent for a joint recommendation between the Crown and the defence that Shepherd receive a 10-year sentence with credit for time served.

Defence lawyer Roger Burrill characterized Shepherd's plight as "a story of extreme youth disaffection," a homeschooled, social outcast drawn into a destructive spiral by Gamble, who was repeatedly described as his only friend.

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Trump backtracks on some promises

GOVERNMENT

President-elect also took stand against 'alt-right' movement

Two weeks after his election victory, President-elect Donald Trump began backing off campaign promises Tuesday, including his hard line on climate change and his vow to jail "Crooked Hillary" Clinton that had brought thunderous "Lock her up" chants at his rallies.

A top adviser said Trump is now focused on matters that are essential in setting up his administration, not on comments he made during the heat of the campaign.

After a year blasting The New York Times, Trump submitted to an interview with reporters and editors at the Times office. Among the topics covered, he: **Pushed back against questions about conflicts** that could arise due to a lack of

separation between his government post and his many businesses, declaring that "the law's totally on my side, the president can't have a conflict of interest."

Took his strongest stance yet against the "alt-right," a term often used as code for the white supremacist movement. Though members are celebrating his victory, he said, "It's not a group I want to energize. And if they are energized, I want to look into it and find out why."

Spoke positively not only of fellow Republicans in Congress — "Right now they are in love with me" — but also of President Barack Obama, who he said is "looking to do absolutely the right thing for the country in terms of transition."

Trump, who left late Tuesday to spend Thanksgiving at his estate in Florida, also continued to work to populate his incoming administration, officially asking GOP presidential rival Ben Carson to head the Department of Housing and Urban Development, according to a

person familiar with the offer. Carson is expected to respond after the holiday.

Adviser Kellyanne Conway said earlier on MSNBC's "Morning Joe" that Trump is "thinking of many different things as he prepares to become the president of the United States, and things that sound like the campaign aren't among them."

His interview comments on a possible prosecution of his former foe Clinton stood in stark contrast to his incendiary rhetoric throughout the campaign, during which he accused her breaking laws with her email practices and angrily barked at her that "you'd be in jail" if he were president.

"I don't want to hurt the Clintons, I really don't," Trump said in the interview. Sympathetically, he said, "She went through a lot and suffered greatly in many different ways."

Though he declined to definitively rule out a prosecution, he said, "It's just not something that I feel very strongly about."

THE ASSOCIATED PRESS

THANKSGIVING IN SPACE



In this image taken from NASA video, astronaut Shane Kimbrough shows a pouch of turkey he will be preparing for his crew in celebration of the Thanksgiving holiday, aboard the International Space Station. NASA VIA AP



Astronauts Michael Hopkins and Rick Mastracchio enjoy a meal on Nov. 28, 2013. FLICKR/NASA



The crews of the Endeavor and Expedition 18 shared a meal on Nov. 27, 2008. FLICKR/NASA

Astronauts cook up the turkey

Turkey and football will be the main Thanksgiving headliners up on the International Space Station.

NASA astronaut Shane Kimbrough, the station's commander, is serving as Thanksgiving chef for the six-person crew. He showed off the specialties he'll be preparing in a video this week.

"It's going to be a little bit different for us up here in space," he said, "but I'm going to try to make it as much like home as we can."

On Thursday — a regular workday for the crew — Kim-

brough will warm up pouches of sliced turkey, candied yams, and cherry and blueberry cobbler. He'll also add water to the bags of dehydrated cornbread dressing, green beans and mushrooms and mashed potatoes.

"You can't have a Thanksgiving meal without green beans," he noted.

Mission Control promises to beam up some live football games — "to complete the experience," Kimbrough said.

It will be the second Thanksgiving in space for Kimbrough, who's one month into a four-

month mission, and the third for American Peggy Whitson, who arrived at the orbiting lab Saturday for a six-month stay. One Frenchman and three Russians round off the crew.

Kimbrough said he and the others will share what they're thankful for this Thanksgiving. No. 1 on the list, he said, is being safe in space.

NASA, meanwhile, is sharing its recipe for "out of this world" cornbread dressing. It's straight from Johnson Space Center's food lab, "no freeze drying required." THE ASSOCIATED PRESS

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NORTH DAKOTA

Pipeline protester may lose arm after injury

A New York woman seriously injured protesting the Dakota Access oil pipeline faces multiple surgeries and could lose an arm, her father said Tuesday, and protesters and law enforcement gave conflicting accounts about what might have caused the explosion that injured her.

Sophia Wilansky, 21, was listed in serious condition and was undergoing surgery at a Minneapolis hospital.

Wilansky's father, Wayne Wilansky, said his daughter was hurt when law enforcement threw a grenade. The Morton County Sheriff's Office maintains authorities did not use concussion grenades or any devices that produce a flash or bang during a clash late Sunday near the camp along the pipeline route in southern North Dakota.

The sheriff's office suggested in a statement Monday that an explosion heard during the skirmish might have been caused by small propane tanks that authorities said protesters had rigged to explode.

Dallas Goldtooth, a protest organizer with the Indigenous Environmental Network, did not immediately respond to a request for comment Tuesday. Wayne Wilansky disputed the claim by authorities, saying "there's multiple witnesses and my daughter, who was completely conscious, said they threw a grenade right at her."

The North Dakota Highway Patrol backed up the sheriff's office's version of events, saying officers spotted protesters with "multiple silver cylinder objects."

THE ASSOCIATED PRESS

IN BRIEF

Turkey scraps controversial child-marriage bill

Turkey on Tuesday scrapped a proposal that critics said would have allowed men accused of sexually abusing underage girls to go free if they were married to their victims. The proposal, which had provoked a public outcry, was scheduled to undergo a final vote on Tuesday.

It would have deferred sentencing or punishment for sexual assault of minors in cases where there was no physical force and where the victim and perpetrator were married.

Hours before the vote, Prime Minister Binali Yildirim said the government had withdrawn the bill to submit it to a review by a parliamentary committee.

THE ASSOCIATED PRESS

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Trans-Pacific deal needs U.S. to survive

TRADE

Canadian minister says 12-nation pact in jeopardy

The Trans-Pacific Partnership can't go ahead without the United States, Canada's trade minister said Tuesday in the wake of Donald Trump's renewed vow to pull his country out of the controversial 12-country pact.

International Trade Minister Chrystia Freeland said it's long been no secret that the Pacific Rim deal would hinge on the participation of the U.S., a factor that boils down to simple arithmetic.

The TPP, as it is known, can only come into force if ratified by six of the 12 member countries representing 85 per cent of their combined GDP, Freeland said Tuesday.



Minister of International Trade Chrystia Freeland speaks to reporters during the APEC Summit in Lima, Peru. The TPP can't go ahead without the United States. THE CANADIAN PRESS

"What that means, in practice, is the TPP agreement as currently structured and finalized can only come into force if it's ratified by the United States — but that's not new,"

Freeland said.

In a YouTube video released Monday, Trump said he will issue a notification of intent to withdraw from the agreement on his first day in power,

a move many believe would kill the deal outright.

A Canadian government official, speaking on condition of anonymity because of the sensitive nature of the issue, said no decision on pulling out of the TPP becomes final until February 2018.

When the participating countries signed the agreement last February in New Zealand, that two-year time frame was built into the process to take into account the domestic political situations in all 12 countries, the official said.

The TPP is intended to open up trade among the 12 countries that encompass nearly 40 per cent of the world's GDP, including Canada.

During question period Tuesday, Conservative trade critic Gerry Ritz urged Canada to follow some of its other TPP partners — notably Japan, New Zealand, Mexico and Australia — and ratify the deal without the U.S. THE CANADIAN PRESS

BLACK FRIDAY

Using technology to help you snag a deal

With Canadian retailers trying to keep people shopping on this side of the border on Black Friday, the best deal might come from your computer, tablet or phone screen.

Even if you're out and about, there are plenty of ways to use technology to make sure you are actually getting a deal.

DO YOUR RESEARCH

Most of the big retailers already have their flyers out, and plenty of sites are compiling them. Flipp is an app that collects all your local flyers and lets you search them. Redflagdeals.com also has a Black Friday section where deal hunters share their tips.

COMPARISON SHOP

Know the regular price of what you are looking for. Bar code scanner apps, like Shopsy, should be your go-to tool as well as price comparison sites, including Google Shopping.

START EARLY

Some sales have already begun, like at Best Buy. For the most part, in-person and online, the early bird gets the deal. Online

offerings tend to start at the stroke of midnight, and some e-tailers let you add to your cart beforehand.

CHECK YOUR INFORMATION

If you are using an online retailer like Amazon.ca, take some time and sign up or confirm that the online service has your preferred credit card and shipping address. If something scarce goes on sale, the time it takes to set all that up matters. Also, check out cash back sites like Ebates.com.

TOO GOOD TO BE TRUE?

Double-check what the currency is quoted in as you look for deals in Canada and in the U.S. Also, a lot of older stock is used as door crashers, so check to see if the product is refurbished.

WATCH THE SHIPPING

If you are buying from the U.S. or elsewhere, always double-check the shipping options, and if it might get hit by additional duty fees. Keep an eye out for changes: recently Walmart and Amazon raised their free shipping thresholds.

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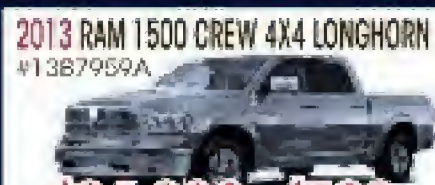
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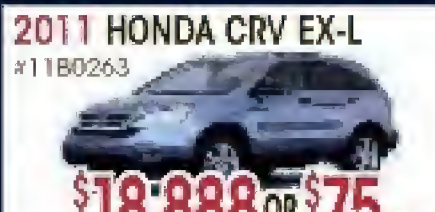
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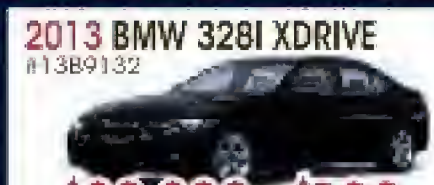
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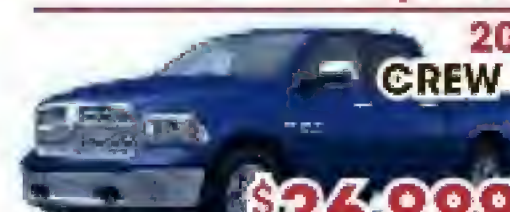
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JESSICA ALLEN ON A GORILLA-MARTYR'S LEGACY



It's been six months since Harambe's death at the Cincinnati Zoo, and the smartest, most meaningful response to date has been a single joke by Dave Chappelle

It's been six months since Harambe, a 17-year-old 450 lb. male gorilla, was shot dead by Cincinnati Zoo officials after a three-year-old boy fell 10 feet into the primate's enclosure.

Although the social media outrage subsided quickly — it always does — Harambe still lives as meta-punchline: A Facebook blog with nearly 900,000 followers; viral songs and videos; and, of course, memes — some humorous, and some so offensive that they are banned from university campuses.

Comedian Dave Chappelle mentioned him in his recent Saturday Night Live monologue: "The Cincinnati police said, 'Shooting a gorilla was the toughest decision this department has ever had to make'... You're about to see a lot of n—s in gorilla costumes in Cincinnati."

Chappelle's joke was a much smarter response to the gorilla's death than all the petitions — some calling for the toddler's mother to be fined for negligence; others for Harambe's "murderer" to be charged with animal cruelty — and more meaningful than the countless candlelight vigils held from Laurier to Leeds.

I went to one of the vigils, on a late Thursday evening in September, at Ryerson University in Toronto. Students gathered at Lake Devo, a small park made mostly of concrete. Their purpose, according to the event's Facebook page: "to commemorate the passing of our beloved Harambe, who

taught us nothing but kindness." It was "BYOC": "Bring Your Own Candles."

Hundreds did, placing them around a framed photo of Harambe set up in front of a 15-foot boulder.

The Lord's Prayer was broadcast to the growing crowd through a sound system consisting of two speakers, a laptop and a microphone.

glowing effigy of the deceased.

Guns and Roses' "Welcome to the Jungle" played, "What a touching song," someone noted. It was followed by Sarah McLachlan's "I Will Remember You," Whitney Houston's "I Will Always Love You," and a cover of "In the Arms of An Angel." In between songs, the "d—ks out" chant returned. "Someone is smoking

posed together for selfies. A student wearing a cardboard sign that read "Harambe is love. Harambe is Love. May his light shine on us all" weaved through the crowd, which looked to be about 150 strong. Sam Smith's "Stay with Me" played, followed by Michael Jackson's "You Belong To Me." "Someone curated the playlist really well," a woman noted.

"What started off as a joke ..." an organizer began before the crowd interrupted with boos. "It's not! Let me finish! Beyond border, beyond religion, we are one and we are here for Harambe."

"We are going to celebrate," his colleague said. "Whip that s—t out for Harambe!" "F—ing rest in peace," a votive offerer said, just as Gary Jules' "Mad World" began.

Friends held each other and swayed back and forth to the lyrics. They gathered shoulder to shoulder around hundreds of candles melting around the shrine-like effigy. There were offerings of bananas. And one dildo.

Young faces were illuminated by candlelight and cell-phones, brands used by those who tweeted death threats at a mother who looked away, a brand I will use to tweet out a link to this column.

They're all made of coltan, a mineral found in the forests of Africa's Democratic Republic of Congo and whose mining over the last two decades has dramatically reduced gorilla habitat, causing more deaths among animals with whom we share 98 per cent of our genetic code than the Cincinnati Zoo ever could.

A woman lit her tea light using her friend's cigarette. "I hate myself," she said.

Jessica Allen is the digital correspondent on CTV's The Social.



FACES OF GRIEF Students gather at a vigil for Harambe the gorilla at Toronto's Ryerson University in Toronto in September. JESSICA ALLEN/FOR METRO

The crowd began to chant "D—ks out!" A student approached the mic: "Are there people out there who think Harambe was just a gorilla?" he asked. "No!" the crowd responded.

"We got Harambe merch here," an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20. "They look really nice," a woman said, holding one up to herself. Harambe pins were \$1.

"Lake Devo should be Lake Harambe from now on," a young man yelled into the mic. Cheers from the crowd.

"I miss you, Harambe," another said. "I wish they took that mother's life instead." The crowd gasped, then laughed.

A poster of Harambe was taped to the boulder as more candles were set around the

weed," a woman said to her friend. "Maybe they're smoking Harambe's ashes."

In a quiet moment, someone shouted, "F—k that kid," which was repeated by the crowd.

"More like f—k that kid's parents."

"F—k the mom."

"Shoot the kid."

Laughter shifted to quiet discomfort.

Until a student climbed the boulder and banged his chest at the top. The crowd applauded and then insisted he "whip it out."

"I don't know if Harambe supports peer pressure," an organizer said on the mic, "so can we just come together for this next song?"

Which was Black Eyed Peas' "Where is the Love?" People pretending to cry

VICKY MOCHAMA

The movie watcher's guide to facing the actual apocalypse

As we await the launch of both the Trump presidency and the attendant nuclear warheads, there may be some lessons to take from the disaster movies of the late '90s.

In this time of uncertainty, these movies demand to know: Are you a hero, a survivor or an early casualty?

If you're a hero type, you'll be drawn to the Armageddon model: Bruce Willis and bunch of professional oil drillers learn to be astronauts so they can dig a giant hole into the asteroid that will end the world. While the movie can be read as an indictment of NASA's emergency preparedness, it's also a handy means of deciding how serious you really are about this whole saving-the-world lark. How many G forces can you tolerate for the sake of all mankind? Are you willing to go to space with all your co-workers?

Survivors will want to follow Tommy Lee Jones' example in Volcano. Survivors just do their job.

Jones' character, an emergency planner, goes into work on the first day of his vacation only for a volcano to surface from under the city of Los Angeles. Determined not to lose more vacation time, he dispatches the volcano in just two days.

His daughter is not a survivor; she screams, "Dad! The lava!" while lava moves towards her. Were it not for her father's determination not to lose more vacation

days, she would not have made it past the first half of the movie.

Which brings us to the early-casualty type. For some reason, women in these movies are into dying quickly and needing to be saved from themselves. Perhaps it's the patriarchy or bad writing or both.

I point you to Twister's Helen Hunt. Her character is leading a scientific study of tornadoes to create early-warning systems. While she doesn't die in the film, it's not for lack of trying. Her approach seems to consist of walking and driving directly into the storms until she's rescued by Bill Paxton — not a known scientific method.

It's left to you, the viewer, to decide whether, given some advance notice of the end of the world, you'd be all right with simply walking into the abyss.

I have reluctantly decided that I'm a survivor. I watched all of these movies with my siblings and warned them that, if lava was coming in their direction, I would not be saving them. That's hero work.

As much as there is to be learned from them — i.e., squint hard enough and you can tell whether a tornado is turning — they have a calming effect. The events of the last two weeks have left me feeling off-kilter and overwhelmed, but even with all terrible things happening, now, unlike NASA, I feel prepared.

'We got Harambe merch here,' an organizer noted. Black T-Shirts with a white image of Harambe in the style of Che Guevara were \$20.

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Gigi Hadid apologizes to anyone her Melania Trump impression may have offended

Wednesday, November 23, 2016

Moana based on rich past

DISNEY MOVIE

History of Polynesians not taught in many schools

Genna Buck
Metro-Canada



*We set a course to find
A brand new island everywhere we roam*

*Aue, aue
We keep our island in our mind
And when it's time to find home
We know the way*

These words, from *We Know the Way*, a soaring number in the new Disney musical *Moana*, describe a real-life society more magical than the usual enchanted forests and talking teapots.

Moana takes place in the ancient Pacific Islands, a still-surviving Polynesian civilization with a tradition of high seafaring.

Yet their achievements are not well known in North America, nor taught in many schools, said Patrick Kirch, director of the Oceanic Archaeology Laboratory at the UC Berkeley.

Polynesians are descendants of Austronesians, a group of agricultural peoples who fanned

out from near modern-day New Guinea starting five or six thousand years ago. (At least, researchers think so. It's still a matter of debate).

Travelling in outrigger canoes — like a North American canoe, but less tippy and faster, thanks to stabilizing beams and, later, sails — the Polynesians landed in Tonga and Samoa, 5,000 kilometres from their starting place, by about 900 BC.

Around AD 900 came their second great age of exploration. They sailed thousands of kilometres of open ocean to islands where humans hadn't yet tread, from Hawaii in the north to New Zealand in the west and Easter Island in the southeast.

It was all because of somebody's idea to stick two canoes together and connect them with a deck, creating a proto-cata-maran that could carry enough food, including live pigs, dogs and chickens, to sustain 50 to 60 people for months.

"They really opened up the whole Pacific world," Kirch said. "Europeans didn't venture very far until the late 1400s. This is 500 years before that."

The wooden boats were sewn together with coconut fibre rope. The people didn't have nails or even the wheel. And yet they found their way. As the song



says, they kept their island in their mind.

"They didn't have sextants or even maps," Kirch said. "They had memorized, incredibly, star rising and setting positions."

Though the film takes some liberties (it depicts double-hulled canoes existing 3,000 years ago when it was more like 1,000), quite a bit is drawn from real Polynesian history and folklore.

Maui (pictured right), voiced by Dwayne "the Rock" Johnson, a demi-god who pulls islands from the sea, lassoes the sun and controls the tides, is a legend in the whole region. The teenage heroine Moana, a chief's daughter whose name means "ocean," is Disney's invention.

In the movie, the resources of Moana's island home are nearly depleted after centuries of human habitation, and, finding herself overwhelmed with wanderlust, she sets sail to dis-



The Hōkūle'a, a historically accurate replica of an ancient double-hulled Polynesian canoe, has been sailed around the South Pacific and the whole world since the 1970s (above); the canoe is depicted in the new Disney musical *Moana* (below). PHIL UHL/WIKIMEDIA COMMONS; CONTRIBUTED

cover someplace new.

That's realistic enough — though in a strict patriarchal society, it would never have been a girl who saved the day, Kirch said.

"There are push factors; on smaller islands populations built

up, there was competition and warfare. But there was also a kind of a pull. These people had a conception that there were always more islands out there. They had stories and traditions about it.

"It was much like medieval European society. The older son

inherits the land and the title. So if you're a junior sibling and you go out and find a new island, you become the chief.

"There's a certain drive: 'Let's take this big canoe. You know grandpa found this island. Maybe there's another one out there.'"

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Kim Kardashian was scheduled to attend a charity ball honouring her late father Monday night, but amid reports her husband Kanye West was hospitalized she didn't show up. ALAIN JOCARD/AFP/GETTY IMAGES FILE

Kanye hospitalized due to exhaustion

CELEBRITY

Reports follow frenzy over cancelled tour, Trump support

Kanye West has been hospitalized after abruptly cancelling the last 21 dates of his national tour, according to reports from several media outlets.

Citing anonymous law enforcement sources and West representatives, the media outlets reported that the hip-hop superstar was taken to Ronald Reagan UCLA Medical Center in Los Angeles on Monday afternoon because of stress and exhaustion, and he is spending the night there for his own safety.

Without confirming that the patient was West, Los Angeles police told The Associated Press that officers were called to a house on Laurel Avenue near West Hollywood for a disturbance at about 1:20 p.m. When they arrived it was clear that nothing criminal was occurring

and it was a medical situation instead.

Police told the AP that the patient was taken in an ambulance to the hospital and placed on a psychiatric hold.

Representatives for West and his wife Kim Kardashian did not reply to several messages left by the AP seeking confirmation or comment. The hospitalization was first reported by NBC News.

Kardashian had been expected to make her first public appearance Monday night since she was tied up and robbed at gunpoint last month in Paris. It was to come at the Angel Ball, a charity event in New York honouring her late father, Robert Kardashian.

But amid the reports about West, she did not show up.

West had just pulled the plug on his Saint Pablo Tour after days of erratic and angry behaviour that made an even hotter topic than usual on social media.

On Friday, during a concert in San Jose, West said he didn't vote in the presidential election but would have cast

GOSSIP

Robert Kardashian would have been 'proud' of family

With daughters Khloe and Kourtney Kardashian by her side, an emotional Kris Jenner paid tribute to her late ex-husband lawyer Robert Kardashian, saying he taught the family about the importance of philanthropy and that he would be "very proud" of the family's success.

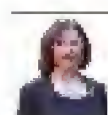
He was posthumously honoured Monday night during the annual Angel Ball, which raises money for cancer research.

THE ASSOCIATED PRESS

a ballot for Donald Trump, praising the president-elect's "method of communication" as "very futuristic."

On Saturday in Sacramento he ended his show after just four songs, but not before a 10-minute tirade about Beyoncé, Jay Z, Hillary Clinton, Mark Zuckerberg, the radio and MTV.

THE ASSOCIATED PRESS



JOHANNA SCHNELLER WHAT I'M WATCHING

Is BBC thriller The Fall good or just fake good?

THE SHOW: The Fall, Season 3, Episode 2
THE MOMENT: The hospital visit

At the end of Season 2, Paul Spector (Jamie Dornan) confessed to being the Belfast

Strangler, who murdered many women. Then he got shot. Now he's in hospital recovering, while Stella

Gibson (Gillian Anderson), the lead detective who hunted him down, hovers nearby.

A doctor asks Spector what year it is.

He answers, "2006." (It's really 2012.) The doc dismisses that as normal disorientation.

A scene later, Spector's daughter Olivia (Sarah Beatrice) visits him. He seems bewildered to see her. "Why are you so big?" he asks.

Oh no. Amnesia??? You may argue that I should wait and see; perhaps he's only pretending.

He's a criminal mastermind, after all. To that I

reply, oh no. Fake amnesia???

This series has always confused me. The scripts' many lines of allegedly feminist dialogue are so on the nose they're almost risible. ("We've chosen to work in a masculine, patriarchal, paramilitary culture," Gibson purrs to a fellow female cop. "Let's

not let it beat us.")

Even worse, that feminist talk is set off by far more numerous, lovingly-shot images of Spector's misogynistic thrill kills.

And now (sigh) amnesia??? Could

this series' attractive surface be fooling us? Could it be ... fake good?

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.



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Pear-fectly Canadian

PRODUCE

Roly-poly pear produced to be a wintertime favourite

Late fall usually is a sad time for local pear lovers as first Bartlett, then Bosc disappear from supermarket shelves, to be replaced by imports.

But until the end of January Canadian growers are proudly packing a new late-season variety in bright blue bags.

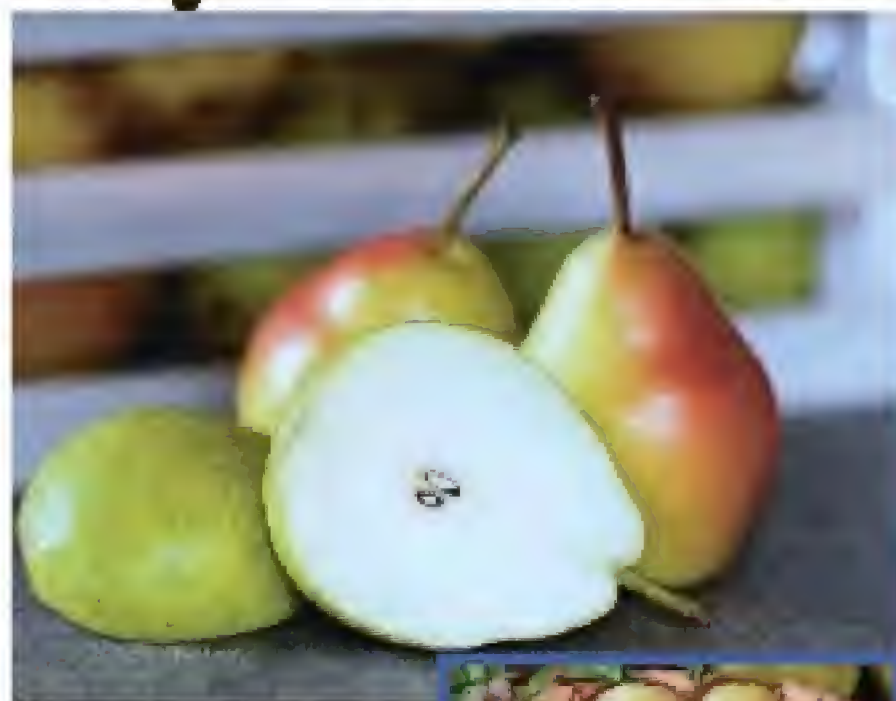
Here's to Cold Snap, the sweet, juicy pear with the pretty pink blush that aims to become winter's favourite fruit.

"It will probably take a couple of years to become a household name like Honeycrisp," says Matthew Ecker, sales and business development manager at Vineland Growers Cooperative in Jordan Station, Ont., which grows and markets the fruit.

This squat, roly-poly pear, the first bred in Canada, was released in 1972 under the name AC Harovin Sundown. As the first of 75,000 trees in Ontario and Nova Scotia came of age last year, growers searched for a catchier name. Cold Snap was born, with its own website, coldsnappear.ca.

As part of the branding process, Consumer Insights Research program leader Amy Bowen conducted pear focus groups at Niagara's Vineland Research and Innovation Centre.

Consumers are particularly annoyed with pears that are rock-hard one day and mushy the next, Bowen says, a problem



This year the Cold Snap is available in Ontario, Quebec and Nova Scotia, but in a couple of years, the current plantings will reach full maturity and supply will extend across Canada.

CONTRIBUTED/VINELAND GROWERS CO-OPERATIVE



Cold Snap doesn't have. She says participants also loved the pear's made-in-Canada story.

Cold Snap is grown using new techniques that produce lots of skinny Charlie Brown-like trees loaded with pears on far less land than the old sprawling trees.

A few general rules for pear storage:

Buy & Store

If you like firm pears, refrigerate immediately. Or leave on the counter for two to three days to soften slightly.

Bright yellow skin indicates optimal flavour. Unlike its Bartlett cousin, Cold Snap remains firm even when ripe.

Don't store near aromatic foods such as onions.

Prep

Handle fibre-rich pears with care to avoid bruising.

Rinse under cool running water and serve. Peel and core just before using.

Cold Snap is pear-fect for poaching, roasting or baking.

Serve

Try a pear-cranberry crisp or a pear-parsnip soup.

Think preserves, dumplings and sorbet.

Slice and serve raw with a plate of creamy cheeses or toss in a salad, leaving on the pretty yellow skin. TORSTAR NEWS SERVICE

RECIPE

Hazelnut Pear Cake

Makes 10 servings.

Ingredients:

- 4-1/2 cups (1,125 L) water
- 2-3/4 cups (675 mL) granulated sugar
- 1 tsp (5 mL) lemon zest
- 1/4 cup (50 mL) fresh lemon juice
- 1-1/2 tsp (7 mL) vanilla
- 5 small pears, peeled, cored and halved
- 2 cups (500 mL) ground hazelnuts
- 6 large eggs, separated
- 1/4 tsp (1 mL) cream of tartar
- Garnish: icing sugar

Directions:

1. In large saucepan, combine water, 1-1/2 cups (375 mL) of the sugar, lemon zest, lemon juice and 1/2 tsp (2 mL) vanilla. Stir over medium-high heat until sugar dissolves. Add pears; bring to boil. Reduce heat to medium and simmer until pears are just tender, turning occasionally, about 10 minutes. Let cool in syrup. (Prepare up to 1 day ahead, cover and refrigerate.)

2. Drain pears well, reserving syrup for another use. In medium bowl combine hazelnuts, 1 cup (250 mL) of the remaining sugar and cornstarch; set aside.

3. Grease and flour (regular or gluten free) a 10-inch (3 L) springform pan. Set aside.

4. In large bowl, beat egg yolks until frothy. Stir in remaining 1 tsp (5 mL) vanilla and hazelnut mixture until well combined; set aside.

5. With clean beaters, beat egg whites until frothy. Add cream of tartar and beat to soft peaks. Beat in remaining 1/4 cup (50 mL) sugar until peaks are stiff. Stir one-third of whites into egg yolk mixture and combine well. Gently fold in remaining whites. Pour into prepared pan.

6. Place one pear half, cut-side down, in the centre of batter and arrange remaining halves in a circle around it, stem toward centre, leaving a 1-inch (2.5 cm) border. Bake in 350°F (180°C) oven 1 hour and 15 minutes or until golden brown and cake part no longer looks wet. Cool on rack for 15 minutes. Run sharp knife around edge of pan. Remove side and use a metal spatula to remove bottom; cool cake completely on rack.

BOOKS

We need 'famous' cuisine: Myers

Amy Pataki
Torstar News Service

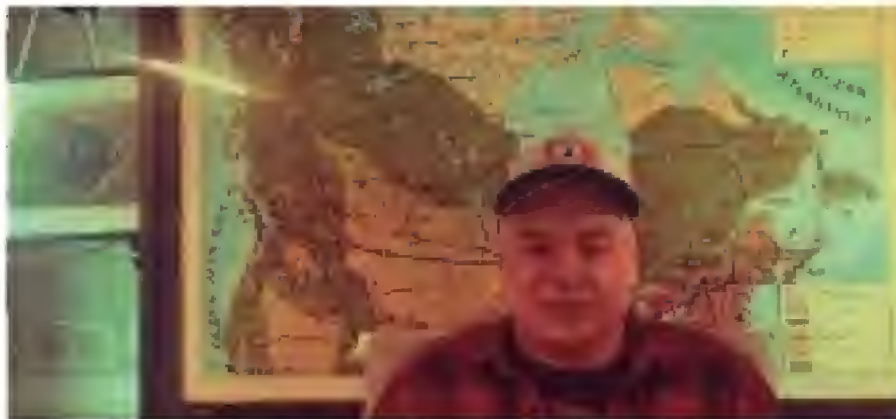
Mike Myers eats like other Canadians do.

He has ordered perogies in Winnipeg and peameal bacon sandwiches at the CNE. He even craves Kraft Dinner but once had to leave the supermarket without it after he was swarmed by 200 people. In Coboconk, Ont., population 800.

The actor/comedian writes about food and other matters of national identity in Canada, published recently for the upcoming sesquicentennial.

When it comes to Canadian food, Myers says nobody knows about it.

"In New York City, I'll go out for Italian, Chinese or Mexican, but when's the last time you



Actor/comedian Mike Myers writes about food and other matters of national identity in new book, *Canada*. SCREENSHOT

went out for Canadian? You didn't. And don't say poutine. That's a topping."

I beg to differ. Self-described Canadian restaurants abound across the country, of which Canis in Toronto is the latest to wave the flag.

"We know we don't have a 'famous' cuisine, but we also know we do have 'famous' in-

gredients. B.C. apples, Saskatchewan wheat, Nova Scotia salmon and Manitoba ... stuff," Myers writes.

"Ingredients are what help define Canada. Likewise, Canadian culture as a whole may not be famous, but the 'ingredients' of our culture are."

Well played, Mr. Myers, well played.

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**ROSE REISMAN THE SAVVY EATER****THIS WEEK:** Spinach and artichoke dip vs. chili popcorn shrimp

Some starters will have your meal ending in a nutritional disaster.

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**SKIP THIS****Milestones famous Hot Spinach and Artichoke Dip and Tortilla Chips****Calories** 1150**Fat** 81g**Saturated Fat**

30g

Sodium

1490mg

**HERE'S WHY****Equivalent in fat to more than 10 medium slices of ham and pineapple pizza from Domino's.**

The appetizers we eat before our entrées can have more calories, fat and sodium than we should be consuming in an entire day! When we hear the word "spinach," we think green and healthy, but the creaminess comes from the fatty mayonnaise and cheese. There is spinach, but it's not that evident. While the Chili Popcorn Shrimp are still fried and served with buttered popcorn and avocado aioli, it ends up being a much lighter pick.

FOOD BRIEFS**Kids who drink whole-fat milk leaner, study finds**

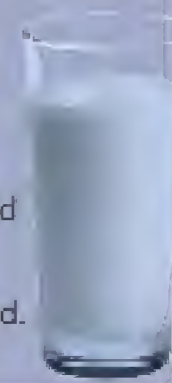
Young children who drink whole cow's milk tend to be leaner and have higher vitamin D levels than those who consume low-fat or skim milk, researchers say.

In a study of more than 2,700 children aged one to six, Toronto researchers found that those who drank whole milk had a body mass index score almost a full unit lower than kids who drank one per cent or two per cent milk.

That's comparable to the difference between having a healthy weight and being overweight, said Dr. Jonathon Maguire, a pediatrician at St. Michael's Hospital who led the study.

Kids who consumed whole-fat milk were roughly three times less likely to be overweight and two times less likely to have a vitamin D deficiency compared with children given one per cent milk, he said.

THE CANADIAN PRESS

**LIQUID ASSETS PETER ROCKWELL****Finding the perfect all-purpose people pleaser**

reds I always recommend a bottle from Valpolicella, a winemaking zone in the northeastern region of Veneto in Italy. Made primarily for Corvina, a grape native to the area, classic Valpolicella is smooth and juicy with a sublime balance of tannin and acid.

With its flowing flavour trail of bright cherry fruit, Bolla's 2015 Valpolicella Classico (\$13.95-\$16.99) is the quintessential version that's perfect as a cocktail wine or as a companion to a complex meal.

Prices reflect the range across the country. Some products may not be available in all provinces.



With the holidays fast approaching, I'm betting many of you will be searching for the ultimate Goldilocks wine: one that's not too light or too heavy, too sweet or too dry. In other words, a wine that is just right.

On the white side a glass of German-made Riesling is my pick for the perfect all-purpose people pleaser. Typically soft with a hint of residual sugar, they mix and mingle with a broad range of cuisine, while offering a flavour profile that's incomparably drinkable.

When it comes to

RECIPE**Give your day a smooth start****Ricardo Larrivée**

For Torstar News Service

A healthy breakfast can be the difference between a good day and a sluggish one. The trick to any well-balanced meal is to have a good mix of protein, fibre-rich carbs and healthy fats.

Cue this smoothie bowl, packed with the creamy goodness of Greek yogurt and blended with a drizzle of maple syrup and antioxidant-rich blueberries, blackberries and banana. Top it with crunchy, homemade quinoa granola, and you have all the nutrition you need until lunch. And it only takes 15 minutes to put together!

Smoothie Breakfast Bowl**Ingredients:**

- 1/2 cup (125 mL) plain Greek yogurt
- 1/3 cup (50 g) frozen blueberries
- 1/3 cup (45 g) fresh blackberries
- 1/2 small banana, sliced
- 1 tbsp (15 mL) maple syrup
- 1/3 cup (40 g) quinoa granola

Directions:

1. In a blender, purée yogurt, three-quarters of the fruit and the maple syrup until smooth.



This tasty, quick-to-make smoothie breakfast bowl has all the nutrition you need to keep going till lunch. CONTRIBUTED

Pour into a small bowl.
2. Top with remaining fruit and the granola.

- 2 tbsp (30 mL) canola oil
- 1/4 tsp salt

Directions:

1. With the rack in the middle position, preheat oven to 325°F (160°C). Line a baking sheet with parchment paper or a silicone mat.

2. In a large bowl, combine all ingredients.

3. Spread mixture onto the prepared baking sheet. Bake for 20 minutes, stirring half-way through cooking. Let cool completely.

The granola will keep for about one month in an airtight container in a cool, dry place.

Quinoa Granola**Ingredients:**

- 1/2 cup (90 g) quinoa, rinsed and drained
- 1/2 cup (80 g) shelled pumpkin seeds
- 1/2 cup (75 g) shelled sunflower seeds
- 1/2 cup (65 g) unsalted cashews, crushed
- 1/2 cup (65 g) unsalted shelled pistachios, crushed
- 6 tbsp (90 mL) maple syrup

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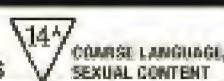
THE NEW YORK OBSERVER | Rex Reed



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Driving in winter

BEHIND THE WHEEL

Experts guide you to best road practices

Jason Menard

When it comes to safely navigating the highways and byways of a Canadian winter, the key things people need to focus on are speed, distance, direction, and time.

"The first thing people can do is to increase their driving distance," explained Ron Wilson, the Alberta Motor Association's operations manager for the fleet safety services division, which provides training to professional drivers. "It can take up to 12 times as long to stop on icy roads as it does on dry roads."

In general, people should

leave three seconds between themselves and other vehicles on the road, but during snowy and icy conditions, that distance should be increased. One way to judge is to focus on stationary objects.

"The most accurate way is to count the time between passing a stationary object — like a road sign," he said. "Once the car ahead of you passes that sign, start counting one-one thousand, two-one thousand... all the way to six-one thousand. Even more if it is icy on the road."

The next thing people need to focus on is their rate of speed. Too many people don't realize that the posted speed limit is just a suggestion when the weather isn't co-operating.

"People will read a sign that says 'Maximum 90 km' and they'll say, 'OK, I'll go 90,'" Wilson added. "That speed means under ideal conditions. You want



Don't set yourself up for winter-driving failure: head out early, check road conditions and leave yourself lots of space. iStock

to drive to the conditions and that may mean going slower.

"It's amazing how many times I'm teaching classes and the students don't know that."

When it comes to keeping your car going in the right direction, Wilson said it's vital to keep your hands at 9 and 3 on the steering wheel.

"It's less fatiguing and it gives you more control," he said. "Nine and 3 is your best hand position if your air bag deploys and it allows you to do a complete lane change for emergency recovery. It also helps you know where straight is and prevents oversteering."

Lastly, it's important to focus

on time. Wilson explained that too many people don't leave themselves enough time or fail to heed the weather warnings.

"Sometimes people set themselves up for failure," he said. "They leave late, they don't check the road conditions, they rush, and they don't give themselves enough space."

And sometimes the best way to give yourself time is to take a trip another time. "The first thing you want to do is check the road report and see what the roads are going to be like," Wilson explained. "If they're telling you that a horrible storm is coming, maybe you want to avoid taking that trip."

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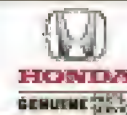
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THIS SPECIAL REPORT WAS CREATED BY CONTENT SOLUTIONS, INDEPENDENT OF METRO EDITORIAL.



A driver's car with great tech



REVIEW

CX-9 an easy car to spend time in



Jonathan Yarkony
AutoGuide.com

While every passing week we've spent with the CX-9 proves that it is a driver's car through and through, some days, you just want your car to deliver you to the office with the least amount of stress possible.

Although Mazda isn't anywhere close to Tesla AutoPilot or Mercedes Intelligent Drive in terms of autonomous driving, there are a handful of systems that provide a security blanket, while others take a little bit of the workload off the driver.

The most prominent driving convenience feature of the CX-9 has to be adaptive cruise control, which allows you to set a chosen top speed, and the vehicle maintains that speed but also slows down when approaching slower traffic.

At highway speeds, the CX-9 does so seamlessly, calmly keeping your designated speed and a gap that you can set on the steering wheel controls, both of which are displayed in the head-up display unit along with current speed. In most cases, the CX-9 slows gradually when approaching slower traffic, though not early enough when approaching stand stills or crawling traffic jams.

My main complaint is that Mazda's adaptive cruise cuts

out below 24 km/h, unlike some (like the Honda Civic!) that can bring you all the way down to a crawl, and even handle brief full stops during stop-and-go traffic.

Thankfully, the CX-9 also has forward collision alert (Distance Recognition Support System or DRSS and Forward Obstruction Warning in Mazda-speak), which broadcasts a sharp beep when coming up too fast on vehicles ahead. While we rarely needed this, it did on a couple occasions get my full attention when I may have been daydreaming or staring too hard at a Z06.

Meanwhile, there is no shortage of technology inside the car to keep you entertained and informed, accessible via the Mazda Connect interface. We really loved this system at first glance and when we first encountered it in previous models. It has a large, clear, highly visible screen atop the dash close to one's driving sightlines, and the graphics are modern and appealing. While it is a touchscreen, it can only be controlled by touch when the vehicle is stationary, and some functions, like rearranging your audio favourites, are also only available when parked.

While this descends into seriously spoiled-auto-reviewer territory, Mazda could use an update to its satellite radio functions, which does not offer rewind or record functions as seen on Kias and other brands. Otherwise the settings, audio and phone controls are mostly logical, although the icons for functions at the bottom of the screen take a bit of getting used to.

THE CHECKLIST | 2016 MAZDA CX-9

THE BASICS

Engine: 2.5L turbo four-cylinder
Transmission: Six-speed automatic
Power: 227/250 hp, 310 lb-ft of torque
Curb Weight: 1,950 kilograms
Fuel Economy (L/100 km): 11.2 city, 8.8 hwy
Price: Starts at \$37,195; \$51,995 as tested (freight included)



LOVE IT

- Mazda Connect
- Forward collision alert

LEAVE IT

- Unclear buttons on steering wheel
- Adaptive cruise cuts out at under 24 km/h
- Satellite radio functions could use an update.

AUTONOMOUS

Hyundai previews self-driving Ioniq

Stephen Elmer

AutoGuide.com



Using its newest electrified vehicle as a platform, Korean automaker Hyundai rolled out the Autonomous Ioniq concept at the 2016 L.A. Auto Show.

Hyundai was quick to highlight that the concept is one of the few self-driving cars currently in development that has a hidden LiDAR system in its front bumper, rather than on the roof. This way, it actually

looks like a standard production car and not a "high school science project," as Hyundai so aptly said.

The goal of the concept is to keep self-driving systems as simple as possible, so that they can be cost-efficient to implement, allowing it to be installed in future Hyundai models the average consumer can afford. To make this a reality, Hyundai used the production car's Smart Cruise Control's forward-facing radar, as well as the Lane Keep Assist cameras and integrated them with LiDAR technology.

The company is also developing its own operating system, with the goal of using a lot less computing power to go with the hardware.

Currently, the hidden LiDAR system can detect the absolute position of surrounding vehicles and objects and is complemented by the Forward Facing Radar, which detects the relative location and speed of objects in the vehicle's forward path. There's also a three-camera array that detects pedestrian proximity, lane markings and traffic signals, while a GPS antenna

pinpoints the precise location of each vehicle. High-definition mapping data is provided by Hyundai MnSoft, delivering location accuracy, road grade/curvature, lane width and indication data. Lastly, there's a Blind Spot Detection radar to make sure lane changes are done safely.

Hyundai will also bring a pair of Autonomous Ioniq concepts to the Consumer Electronics Show (CES) next January. Those two vehicles will be driving up and down the streets of Las Vegas and will be offering media rides.



Hyundai wanted its self-driving car to look like a regular automobile, not a "high school science project." HANDOUT

Reserve wins the day for big cat

F-PACE

Jaguar credits reservation program for success

Jaguar has seen a huge up-tick in sales this year and one of the main reasons for the extra cats on the road is the F-Pace crossover. Total sales of the F-Pace this year come in at over 6,000 units thus far, making it the best-selling Jaguar model in the lineup. While it should come as no surprise that the pretty luxury crossover is getting a lot of attention, the automaker credits its reservation program as a huge part of being able to gauge the success. In the US, the automaker allowed customers to reserve an F-Pace or XE online and put down a refundable deposit while still being able to receive incentives, including free navigation and a discount off the first monthly payment.

SAMI HAJ-ASSAAD/AUTOGUIDE.COM



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TESLA P100D

Ludicrous Mode gets even faster

Tesla is making its existing cars even faster and it won't cost current owners a dime. After hinting that the P100D models are getting faster, Tesla CEO Elon Musk has confirmed the Model S P100D Easter egg will allow it to go zero-to-97 kilometres an hour in 2.4 seconds, which is 0.1 seconds faster than it currently is. Best of all, the upgrade won't involve any hardware changes as it will be purely software optimization. It will apply to all P100D vehicles produced to date.

JASON SIU/AUTOGUIDE.COM



VANQUISH S

Aston Martin's new coupe gets an upgrade

Aston Martin has taken its Super GT to a new level with the introduction of the Vanquish S. Along with slightly more performance, the Vanquish S also benefits from a "revised, freer-breathing intake system" that has larger volume inlet manifolds to bring in a greater volume of air to the engine at high revs.

JASON SIU/AUTOGUIDE.COM





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Tips for making the winter-tire switch

SEASONAL

Doing your own change is inexpensive and rewarding



Dan Ilika
AutoGuide.com

Here's a cold, hard, and undeniable fact about winter tires: If temperatures stay below about 7C over the winter where you live, you need them.

Yes, even your four-wheel drive truck or SUV should be fitted with four winter-rated tires. It's called four-wheel drive, not four-wheel stop, and sending power to more wheels isn't going to slow you down any quicker.

And before you start reminding yourself of just how good of a driver you are, know that it matters little when so many variables come into play out on the road, the least impactful of which is snow. Remember, they're winter tires, not snow tires. Even on dry pavement, winter tires provide better traction through a softer rubber compound that has a lower freezing point.

For those that do use winter



No matter how good of a driver you think you are, winter tires are a necessity for anyone driving in a colder climate. iSTOCK

tires, I salute you. But lugging your tires to the local shop for your bi-annual change can be tough on the back, not to mention the pocketbook, and swapping them yourself can be a rewarding and inexpensive task.

With winter just around the

corner, here are five helpful tips to keep in mind when changing your tires.

Be safe and smart

Whether you're changing your tires in your driveway or you have access to a garage with a lift, it's important to do so with safety in mind and the right tools at hand. If you're changing your tires at home, it's important to use a floor jack rated for the weight of your vehicle, jack stands to support its weight, and wheel chocks to keep it from rolling. It's best to do the job one end at a time, starting with the front or rear. Use the proper size socket on the lug nuts, and a torque wrench to apply the proper amount of torque when putting the wheels on.

Loosening and tightening the lug nuts is a two-step process. When removing the wheels, the lug nuts should

be loosened, though not removed, when the vehicle is on ground using a breaker bar. Likewise, the lug nuts should be torqued with the wheels firmly on the ground.

Check the condition

This goes for both the set that's going on and the one that's coming off.

While running a separate set of tires for the winter months will prolong the lives of both sets of tires, wear still happens. Normal wear sees tread depleted at the same rate, relatively speaking, across the tire, while uneven wear can affect one side or the other and could be a sign of suspension issues.

It's also important to ensure no wheel weights have fallen off, and that the wheels' mounting surfaces are clean in order for them to sit flush with the hubs.

Label the tires coming off

When swapping your tires, don't forget to label them individually as they come off the car. A piece of masking tape with a simple "left front" or "right rear" will suffice. When it comes time to put them back on, you'll know where they go. It's also important to rotate the tires wisely.

Directional tires can only be switched from front to back on the side they belong, whereas symmetrical tires can be switched side to side.

Perform a visual inspection

You don't have to be a mechanic to know that damage could spell trouble for you and your vehicle.

That's why it's important to perform a visual inspection of any visible suspension and brake components once you've removed your

+ STORAGE

Once you get your wheels and tires swapped, it's important to store the ones you aren't using properly.

Clean

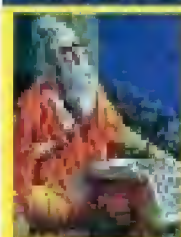
Be sure to clean them — yes, even the insides — and let them dry before placing them in airtight bags to prolong their lives.

Proper place

Store them flat on their sidewalls in a cool, dry place, and out of direct sunlight if possible.

wheels. Check components like brake lines, bushings and struts for fraying, cracking or leaking.

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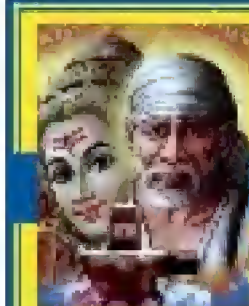
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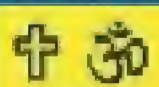
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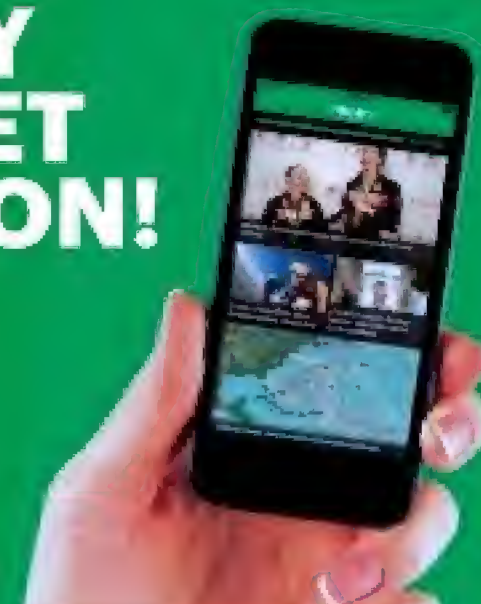
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Redblacks' eyes on the prize

2016 GREY CUP

Ottawa draws on last year's experience in preparations

The Ottawa Redblacks believe last year's Grey Cup loss will serve them well as they look for a different result against the Calgary Stampeders on Sunday.

The Redblacks, making their second straight appearance in the CFL championship game, lost 26-20 to the Edmonton Eskimos last season — and for many the sting remains.

Beating the Eskimos 35-23 in the East Division final was the first step in retribution, but the Redblacks still have some unfinished work.

"This year is a little different as we understand what the end goal is," said wide receiver Brad Sinopoli. "As great as it was to win here, we have bigger things in mind. Let's just say we're focused. We're excited, but we're really focused."

"We knew as long as we had the opportunity that's all we needed and now we're here."

Brad Sinopoli on the Redblacks' topsy-turvy season

Activities leading up to the Grey Cup can be overwhelming for players and Sinopoli says it's important to keep things in perspective.

"Going through the whole week is a lot when you don't know what to expect," Sinopoli said. "There's a lot more attention on everything and guys tend to maybe overthink the whole week and the game. There's a lot of hoopla around it and you have to realize that it's just a football game in the end."

Players aren't the only ones who benefited from last year's Grey Cup experience.

"It definitely helps to go through it once," said head coach Rick Campbell. "I have a better game plan to make sure I know exactly what I'm doing as far as the stuff I need to do football wise and then the other stuff I need to do for media and other things."

Taking on the Stampeders will offer a significant challenge for the Redblacks. Calgary finished the season 15-2-1 and advanced to the Grey Cup after a 42-15 thrashing of the B.C. Lions.

Calgary is considered the heavy favourite, and the Redblacks have no issue with that.



Redblacks players celebrate Sunday's victory over the Eskimos in Ottawa. ADRIAN WYLD/THE CANADIAN PRESS

"We deserve to be the underdog, they deserve to be the favourite," Campbell said. "We know when we play good football we can play with anybody."

"We're going to put our best foot forward and control what we can control and if we play good football and limit turnovers

and penalties we feel we can play with anybody."

By all accounts this was a challenging season for the Redblacks filled with injuries, a quarterback controversy and an unending struggle to find consistency. Yet in the end Ottawa found a way to win when few believed they

were capable.

Sinopoli summed it up in one word: "resiliency."

"The record wasn't there and all year we were kind of fighting people telling us that the East wasn't good enough and we're really not good enough, but none of that really matters," Sinopoli

said. "We were in a position to get to where we are and we played a really tough game in the East Final in tough conditions and we stayed the course all year. We knew as long as we had the opportunity that's all we needed and now we're here."

THE CANADIAN PRESS

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NFL IN BRIEF

Hurricanes blow over Leafs

Former Maple Leafs winger Viktor Stalberg scored the go-ahead goal shorthanded on Tuesday night as the Carolina Hurricanes edged Toronto 2-1 for their fifth straight victory.

Jeff Skinner also scored for Carolina (8-6-4). Cam Ward stopping 25-of-26 shots. Frederik Andersen

made 27 saves for Toronto (8-8-3), which lost for only the third time in 10 games at home. Jake Gardiner was the only Leaf to beat Ward. THE CANADIAN PRESS

Blues break down Bruins

Robert Bortuzzo and Paul Stastny scored 2:12 apart in the second period and Jake Allen had 39 saves, helping

the St. Louis Blues beat the Boston Bruins 4-2 on Tuesday night to extend their winning streak to four.

Jori Lehtera scored twice for St. Louis, including into an empty net with 1:16 left. Longtime Blues captain David Backes scored for Boston in his first game against his former club. THE ASSOCIATED PRESS

TFC back in hunt after Impact blow it

MLS CONFERENCE FINAL

Hosts go up 3-0 before Toronto storm back, 2nd leg is next week

The Montreal Impact built a three-goal lead and then barely hung on for a 3-2 victory over Toronto FC in a wild opening game of their MLS Eastern Conference final that was delayed 30 minutes by a groundskeeping error on Tuesday night.

Dominic Oduro, Matteo Mancosu and Ambroise Oyongo put Montreal in front in the opening 53 minutes, but Jozy Altidore and Michael Bradley answered back with goals before a roaring sellout crowd of 61,004 at Olympic Stadium.

While Montreal will take a lead into the second leg of the two-game, total goals series on Nov. 22 at BMO Field, Toronto picked up two all-important away goals that can serve as the tie-breaker. A 1-0 or 2-1 TFC win in the second leg at home would win Toronto the series.

Montreal looked well on its way to crushing TFC in a playoff match for a second year in a row, having beaten their closest rival 3-0 in the single-game knockout round in October, 2015 — a result Toronto players vowed to avenge.

The match got off to an embarrassing start for the home side as the lines for the 18-yard boxes were too narrow and had to be repainted before the game could begin. Fans cheered as each new line was drawn.

They got louder as Montreal used two quick attacks against the flat-looking TFC to take the lead. In the 10th minute, Hassoun Camara fed the ball ahead to Patrice Bernier, who slipped it past defender Nick Hagglund



Toronto FC's star forward Sebastian Giovinco gets in Montreal Impact defender Victor Cabrera's face in the MLS Cup Playoffs in Montreal on Tuesday. STEVE RUSSELL/TORONTO STAR

TUESDAY in Montreal (1st leg)



to send Oduro in alone on the right side. Oduro fired a low shot inside the far post for his first of the playoffs.

Two minutes later, Oduro intercepted a Steven Beitashour pass and lofted it to Ignacio Piatti on the left wing. The Argentine put a hard pass into the box, where Mancosu stepped in front of a defender to redirect the ball past goalie Clint Irwin.

In the 53rd, Oyongo striped the ball from Sebastian Giovinco near the halfway line and took it in on a solo run the edge of the Toronto box, cut left and shot across his body inside the right post. With Montreal still in

control a few minutes later, TFC coach Greg Vanney substituted midfielders Jonathan Osario and Armando Cooper with forward Tosaint Ricketts and midfielder Will Johnson. It looked to give his side a spark.

In the 69th, Tosaint put a ball off the post, but Beitashour got it to Altidore for a header from close range. Four minutes later TFC was again buzzing inside the Montreal box. Altidore looked to push defender Victor Cabrera to the ground to open up space to slip a pass to Ricketts, who fed Bradley for a shot from directly in front.

Toronto reached the conference final with a convincing 7-0 aggregate win over second-place New York City, while Montreal upset the top-seeded New York Red Bulls 3-1. Both are farther into the playoffs than they've ever been before.

THE CANADIAN PRESS

IN BRIEF

Pelicans soar above Hawks

Tim Frazier had 21 points and 14 assists, Terrence Jones added 17 points and the New Orleans Pelicans won their third straight game with a 112-94 victory over the Atlanta Hawks on Tuesday night.

Pelicans forward Anthony Davis returned to begin the fourth quarter after bruising his right knee and missing the second and third periods. Davis, a three-time All-Star and the NBA's leading scorer, finished with 13 points. THE ASSOCIATED PRESS

NHL

Las Vegas unveils the Golden Knights

The NHL's newest team is named the Vegas Golden Knights.

Owner Bill Foley and NHL commissioner Gary Bettman announced the Las Vegas expansion franchise's official name and revealed its logo and colours Tuesday night at a gala ceremony for about 5,000 fans outside T-Mobile Arena, where the Golden Knights will begin play next

season. The NHL awarded its 31st franchise in June to this gambling mecca in the Mojave Desert.

Foley is a billionaire businessman who sold the league on the potential of being the first major pro sports franchise in the growing market while playing in a new \$375-million arena already constructed on the south end of the Strip. THE ASSOCIATED PRESS



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As a free service to the community and funeral service providers, Metro Edmonton notes the following deaths with or without the placement of an obituary.

Connelly-McKinley Funeral Homes (780-422-2222)

BONDAREVICH, Mary, 82, November 13

CROTEAU, Marie Suzanne, 77, November 12

HALLMANN, Bodo, 90, November 10

HERBSTHOFER, Hilda, 85, November 17

WILSON, Laurence, 70, November 13

WINMILL, Mildred "Millie", 95, November 11

Park Memorial Ltd (780-426-0050)

ATAMANIUK, Steve, 65, November 9

COUTERIELLE, Joey Earnest Gabe, 34, November 16

COUY, John, 85, November 16

HOLOWATY, Paul, 88, November 15

JOHANSSON, Gordon Ernest, 81, November 17

MURRAY, Robbie Peter, 40, November 14

Trinity Funeral Home (780-474-4663)

CARDINAL, Ron, 65, November 13

DUPUIS, Bosco, 71, November 15

HEINRICH, Glen, 65, November 14

KOUMATOS, George, 77, November 14

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RECIPE Chicken with Beans and Rice



PHOTO: MAYA VISNYEY

Hearty, one-pot dinners are the answer to the what's-for-dinner question as the days get colder.

Ceri Marsh & Laura Keogh
For Metro Canada

Ready in
Prep time: 60 minutes
Cook time: 50 minutes
Serves 4

- Ingredients**
- 1/4 cup flour
 - 1 1/2 Tbsp chili powder
 - 1/4 tsp salt
 - 1/4 tsp pepper
 - 6 chicken thighs
 - 1 Tbsp olive oil
 - 2 cloves garlic, minced
 - 1 x 15 oz can of kidney beans
 - 1 x 19 oz can of tomatoes
 - 1 cup frozen or fresh corn
 - 3/4 cup chicken stock
 - 1 cup brown rice
 - Small handful of chopped cilantro and quartered limes for garnish

- Directions**
1. Preheat oven to 350 F.
 2. On a plate, toss together flour, chili and salt and pepper. Dredge chicken through mixture until well-coated.
 3. In a large Dutch oven or oven-proof pot, heat up olive oil over medium-high heat. Brown chicken on both sides. Place browned chicken on a clean plate and put aside. Drain excess fat from pot.
 4. Turn heat down to medium and add garlic, allow it to soften and become fragrant. Add beans, tomatoes, stock, corn and rice. Stir. Break up tomatoes with wooden spoon. Raise heat again so mixture comes to a boil.
 5. Place the chicken pieces on top of your tomato-y mixture, place a lid on top and place in the oven for 45 to 50 minutes. Remove from the oven and serve with a sprinkling of cilantro and lime.

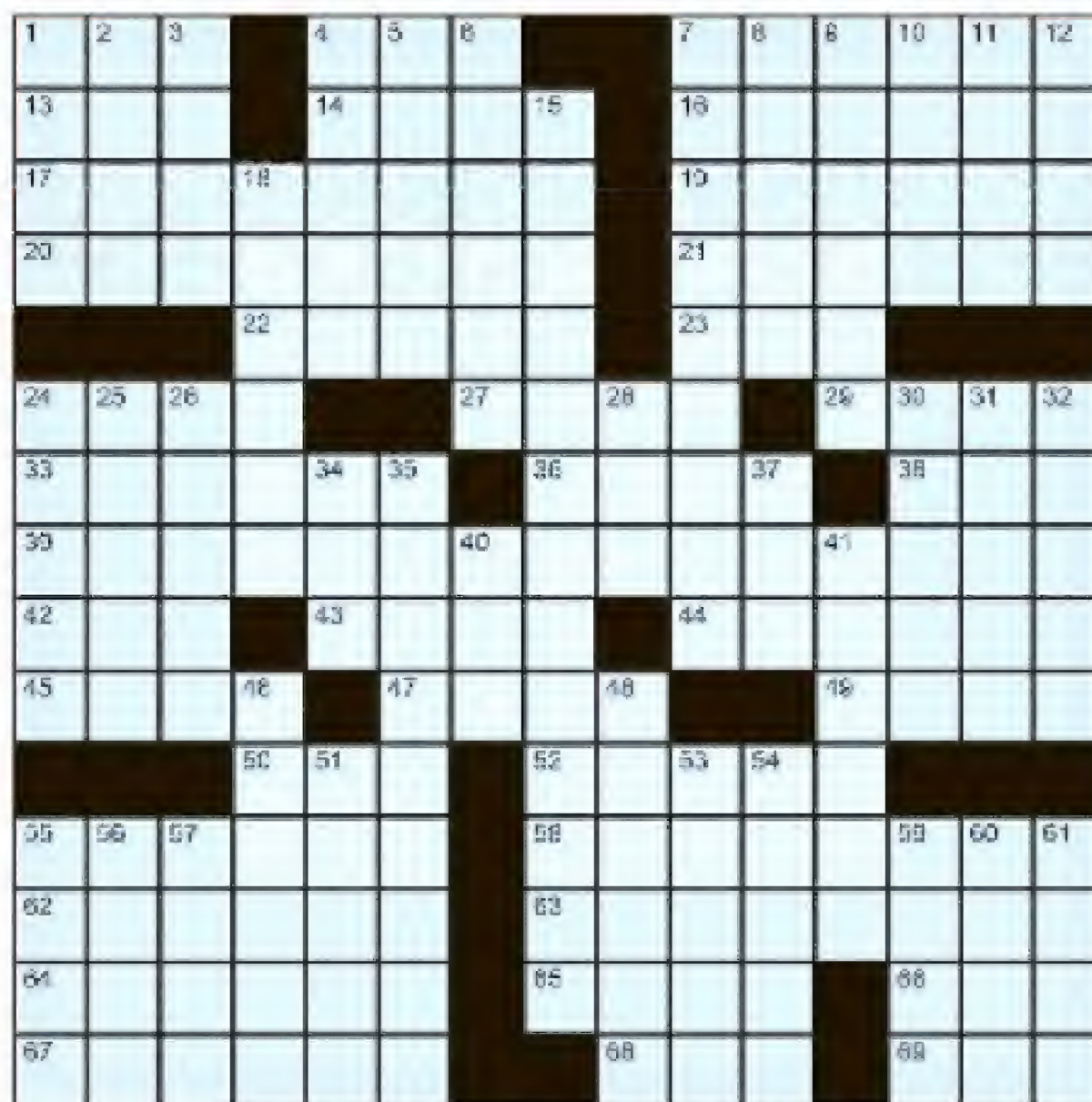
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BY KELLY ANN BUCHANAN

ACROSS

1. Every
4. Web pop-ups, e.g.
7. Particular party platter pick
13. Westerns: Mr. Rogers
14. Complain
16. US web destination for the "Game of Thrones" airer; 2 wds.
17. __ pieces (Used old towels to create rags, perhaps)
19. Comedian/actor Ray
20. Begin a journey; 2 wds.
21. Speaks from the podium
22. Christmas-time resin
23. "Oh, give __ home where the buffalo..."
24. New Zealand fruit
27. Palm used for basketry or thatching
29. Canadian ice dancing skater Scott
33. Greek mythology hunk
36. Belgium neighbour [abbr.]
38. Kind of small deer
39. Harbour town in Simcoe County in Ontario on Georgian Bay
42. Butter portion
43. Nose-in-the-air sort
44. Pops in the freezer for a bit
45. Plus
47. Narcotic
49. "...so long __ both shall live?"



50. Alphabetic trio
52. Send payment
55. Materialize
58. Textured like sugar
62. Legendary Canadian contemporary dance company; __
63. Mix, as oil and

- vinegar
64. Got slippery, like a Winter road; 2 wds.
65. 1990s kind of party
66. Ms. West
67. Gives a speech for the bride and groom
68. __ worth

69. Belonging to the Beaver State, for short

DOWN

1. Fine pursuits
2. Swag
3. Constellation for the star Vega
4. Cordiality

5. Blood __
6. Ringed planet
7. __ scale, in music
8. "Don't be such __!" (Show some enthusiasm!)
9. Negative response to The Queen, informally; 2 wds.
10. Curious as __

11. Commemorative bread
12. Goth/rock music fans
15. Insignificant issue, trendy-style
18. Short-tailed weasel
24. 10th Greek letter
25. "An __ Husband" (1999)
26. Habits/customs, fancy-style
28. Little, in Montreal
30. Mr. Hershey's of baseball
31. "... Want to Be with You" by Dusty Springfield
32. Ms. Witherspoon
34. "... all good." (No worries)
35. Golfing hazards; 2 wds.
37. __ Prince Albert of Monaco
40. __easter
41. Away-from-work break
46. Mythological mountain nymphs
48. Berlin's language
51. Armée du __ = The Salvation Army
53. Particular purple
54. Chesterfield __ (Municipality in Nunavut)
55. Settled off the saddle
56. Fashion designer, __ Rabanne
57. Legal 'deal'
59. Red carpet ride
60. At a distance
61. Reuben breads

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
You are prepared to work hard to study or learn something new today. Get as much done as possible, because you have the mental discipline to do this today.

Taurus April 21 - May 21
You might be discouraged about your fair share of something today. At least you will learn what the legal ramifications and restrictions are that you have to face.

Gemini May 22 - June 21
People are in a serious frame of mind today, which is why conversations with partners and close friends are practical and to the point. Someone older might give you his or her opinion or advice.

Cancer June 22 - July 23
Listen to the advice of someone older at work today, because it could save you time. One thing is certain — today you have to play by the rules, plain and simple.

Leo July 24 - Aug. 23
Children might be an increased responsibility today. Social occasions intended for entertainment and fun will require work and serious planning.

Virgo Aug. 24 - Sept. 23
Family discussions will be serious today. Someone older or in a position of authority will have sway. It's a good day to discuss home repairs.

Libra Sept. 24 - Oct. 23
It's easy to fall into worry mode today. Fortunately, your mind is focused, sharp and will pay attention to small details. Choose work that requires mental concentration.

Scorpio Oct. 24 - Nov. 22
You feel cautious about financial issues today. You might be concerned that you don't have enough money to do something, or you might be hesitant about a major expenditure.

Sagittarius Nov. 23 - Dec. 21
Today you feel careful and cautious about everything. Although you usually do things in big gestures, today you are conservative.

Capricorn Dec. 22 - Jan. 20
Research of any kind will go well today, because you have the right frame of mind to do routine work and focus on details. Expect solid results as your payoff.

Aquarius Jan. 21 - Feb. 19
Someone older or more experienced will influence you today. Do not let pessimism limit your future goals and planning.

Pisces Feb. 20 - March 20
Follow the rules and play things by the book when dealing with bosses, parents and VIPs today. People are cautious and careful today. Don't push your luck.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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			5		6			
	1					5		
	8	7	3	9	1			

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